

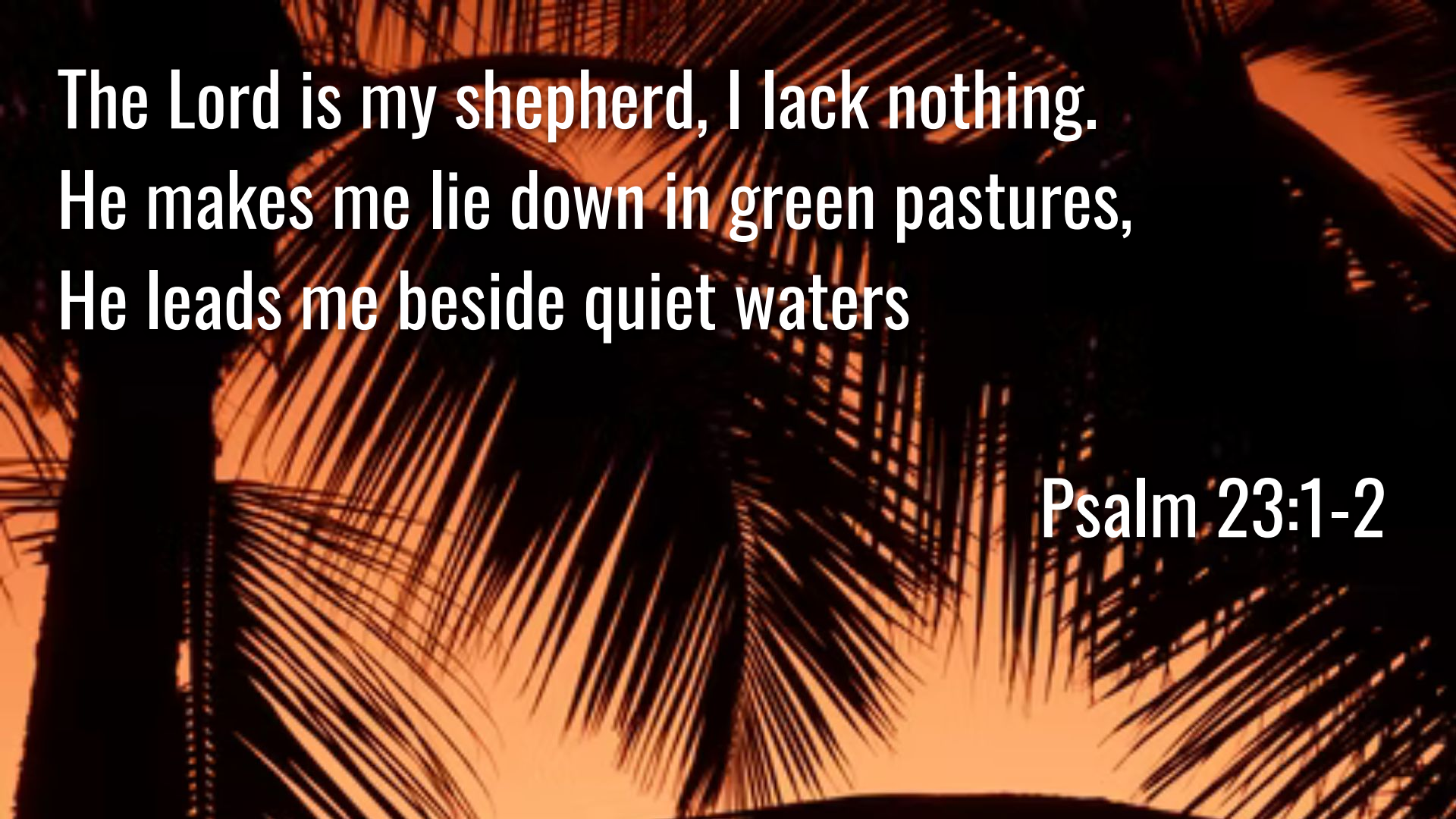


*Psalms of
Summer*



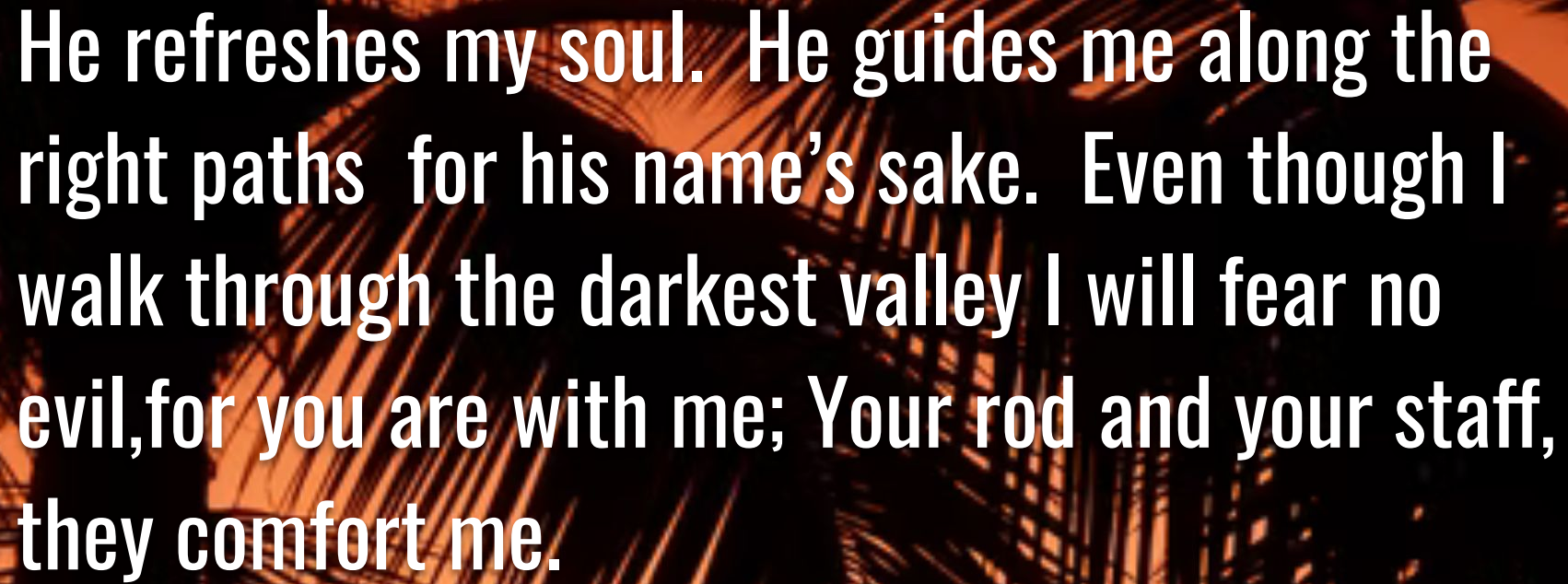
MAIN POINT

God's care is the best self-care



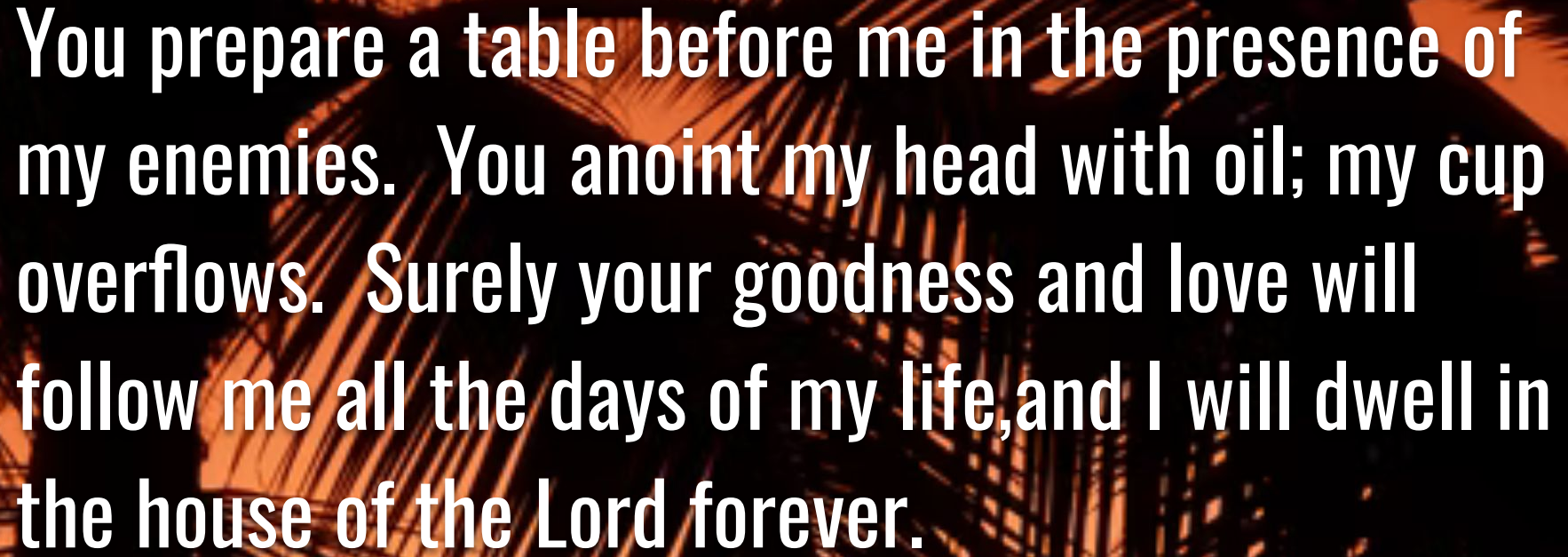
**The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
He leads me beside quiet waters**

Psalm 23:1-2



He refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley I will fear no evil, for you are with me; Your rod and your staff, they comfort me.

Psalm 23:3-4



You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalm 23:5-6

God Is A Shepherd

- ❑ Provides for needs
- ❑ Provides rest
- ❑ Provides refreshment
- ❑ Provides comfort and safety

God As Our Shepherd

- ❑ God meets our needs
- ❑ God gives us rest
 - ❑ Take it
- ❑ God is with us in the struggles and trials

God Is A Host

- ❑ Takes responsibility for guests
- ❑ Honors the guests

God As Our Host

- ❑ He wants us in His house
- ❑ He is prepared for us
- ❑ He wants us to dwell in His house

Closing

- ❑ Think about how God has met your needs
- ❑ Allow God to lie you down in “green pastures”
- ❑ Remember God wants you with Him
- ❑ Immerse yourself in God’s care as your self-care