

**Title: Not a bed**  
**Pastor: De Waal Esterhuizen**  
**Date: 07 November 2010**  
**Time: 18:00**



a) **Psalm 23**

**1. The Lord is my Shepherd**

- David has been a shepherd
- Shepherd vs hireling
- He cares for us deeply

**2. I shall not want**

- Not only financially
- Security vs Contentment
- Are you a fence-crawler?

**3. He makes me lie down in green pastures**

- Free of all fear
- Free from friction and striving
- Free from bugs
- Free from the fear of hunger

**4. He leads me beside still waters**

- Sheep are 70% water
- We need spiritual water

**Jer 2:13**

My people...have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water” .

**5. He restores my soul**

- The Shepherd does this
- Brings us into equilibrium
- David understood this

b) **where do you go first**

**1. David**

- **In the face of adversity – he went to his source**

**1 Sam 30:6**

Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the Lord his God.

**2. Spirit of heaviness**

**Is 61:3**

“for the spirit of heaviness, put on the garment of praise”