

"Green Pastures"

Week ~~Three~~ Four

Workbook

Day One

1. List the things/situations/possibilities that you fear.

2. Read

Matt 14:22-26 Jonah 1 Mark 4:35-38

How did the people in each of these situations respond? _____

3. Sheep won't lie down if they are afraid, sheep lying down is a sign that the shepherd has made them feel safe.

Read

Matt 14:27-32 Jonah 2 Mark 4:39-41

How did the Shepherd calm/reassure them? _____

Why were they so fearful at first? _____

4. Read II Tim 1:7 and re-write this scripture in your own words, make sure to include your name in the scripture.

5. Look back at the list you made for #1. Have you applied this scripture to these situations/fears? _____
How might committing this scripture to memory (as you re-wrote it) help you in being free from these fears? _____

6. Fear will rob you of the rest and health that Christ intends for you to enjoy. Write a prayer confessing these fears, individually, and thanking God that He has provided green pastures for you instead. Ask God to show you how to release these fears to the Him and how to enjoy the rest He has provided for you. _____

Day Two
Week Three
Workbook

1. Sheep have a “butting order”, like a “pecking order”. If there is tension or friction within the flock the sheep will not lie down. Read Ezekiel 34:15-16,20-22

What are we told God will do about friction in the flock?

2. Read

Jas 4:1-4 Heb 12:14 Ro 12:18

What is God’s desire and command to us as regards our relationships with others? _____

3. Knowing what you now know about sheep and lying down, why might God be so concerned about our relationships?

If we have broken, unhealthy relationships who suffers?

What do we forfeit or endanger by having unhealthy or strained relationships? _____

4. List any relationships that are currently strained/broken.

5. Write a prayer asking God to show you what steps you need to take in each of these relationships. Some may require contacting someone and others may be a matter of you forgiving, some may be a matter of releasing that individual to the Shepherd. Thank God for each of these relationships and for what He has to teach you in each of them. Confess and ask for forgiveness in any situation He convicts you about. _____

Day Three

Week 3

Workbook

1. Sheep will not lie down if they are disturbed/distracted by pests. Fleas, flies or ticks will keep a flock from lying down and make the flock restless and agitated.

Make a list of the persistent daily aggravations and distractions that prevent you from “lying down in green pastures” (ex. Cell phones, overcommitments, needed repairs...)_____

2. The Holy Spirit is our “Comforter”, “Counsellor”, “Encourager”
Read the scriptures listed below and beside each write what is available to us through the Holy Spirit.

Ro 14:17

Heb 9:8

Acts 1:8

Mark 13:11

John 14:26

This is a very limited list of what is available to us at all times for dealing with the “pests” of daily life.

3. Re-write your list, listing each singly, beside each write a scripture that will help you deal with that “pest”

4. David knew more than a thing or two about being beset with pests. His ministry began with him living primarily in caves and living on the run from Saul. He constantly dealt with unexpected challenges and conflict and yet he is able to write “He makes me lie down in green pastures” Write a prayer thanking God for the gift of the Holy Spirit. Read your list to Him and ask Him from guidance and grace to deal with these and other daily “pests” that are robbing you of the peace of “lying in green pastures”. _____

Day Four
Week Three
Workbook

1. Hungry sheep will not lie down, they will continue to graze, even if there is nothing to eat. The shepherd must provide sufficient forage or they will just continue to walk in search of food.

Read

Lev 20:24

Ps 103:5, 132:15

Ps 65:9

Deut 8:6-9

What does this say to you about Christ's provision?

2. Read

John 6:16-35

Matt 4:1-4

What do we feed on? _____

3. Without adequate food we, like sheep, languish and lack vigor. We'll call this "spiritual malnutrition".

Read

Ps 119:28

Is 40:29-31

Specifically, what is God telling you through these scriptures? Are there symptoms of "spiritual malnutrition" in your life? _____

4. Read

Matt 5:6

Luke 6:21

Ps 1:2-3, 119:97

Is 55:1-2

What is God showing you through His Word? _____

Write a prayer thanking God for His abundant provision.

Pour out to Him the struggle to eat only from His provision and to commit to “feasting” on all that He provides for you. _____

Day Five
Week Three
Workbook

1. Let's review the criteria for sheep to lie down

*Freedom from fear

*Freedom from friction

*Freedom from distraction

*Freedom from hunger

Specifically, how did each of these apply to you and where you are at in your spiritual walk at this time?

Freedom from fear _____

Freedom from friction (relationships) _____

Freedom from distraction _____

Freedom from hunger _____

2. If you are not experiencing the satisfaction and peace of “green pastures” what do you need to change? _____

3. What does the phrase “He makes me lie down in green pastures” mean to you, now? _____

4. Look back at the “Shepherd/Sheep” grid. What does the Shepherd do? What do the sheep do? (Be sure to add this to your grid)_____

Write a prayer thanking and praising God for being the perfect Shepherd. Specifically thank Him for situations/times that He has provided “green pastures” and the peace of “lying down”. Ask Him to teach you how to better “lie down in green pastures” and ask Him to show you any specific areas in which you need to “lie down” and feed on HIS pasture. _____
