The LORD is my SHEPHERD
PSALM 23

HERE'S AN EXPRESSION: 'SIMMER DOWN'

He makes me lie down in green pastures...
(Psalm 23)

First of all, let me tell you how thrilled I was hearing the news that all copies of Phillip Keller's **A Shepherd Looks at Psalm 23** were sold out for this Tuesday's Bible Study. We have reordered more and they are now available.

Trust me, for a pastor, that's a great way to start the week!

Now, here's a question: Have you ever heard of the expression 'SIMMER DOWN'? As a kid frequently bouncing

off the wall I recall my father saying: 'Chuck… Simmer Down.' To this day, I'm not sure whether that was a regional Philly-ism or a commonly known utterance.

Its meaning was implicit but probably more explicit in the one-word directive we give today: CHILL!

In the current preaching series **A SUMMER WITH THE SHEPHERD** we hone in on verse two of this storied Psalm: *He makes me to lie down in green pastures.*

Our first response may be: 'Aww….how sweet… what a pretty picture.' But this image packs more into it than a 'special moment' to snap up on your cell phone.

Green pastures denote the peaceful setting where God wants to take us but—being sinners and all that—there is just something in us that wants to fight it tooth and nail.

The hard-core truth of it is that we are RESTLESS until we receive and discover the peace that God in Jesus Christ gives us. (Romans 5:1) The iconic words of St. Augustine are spot on: *We were made for Thee O God and our hearts are restless until they find their rest in Thee.*
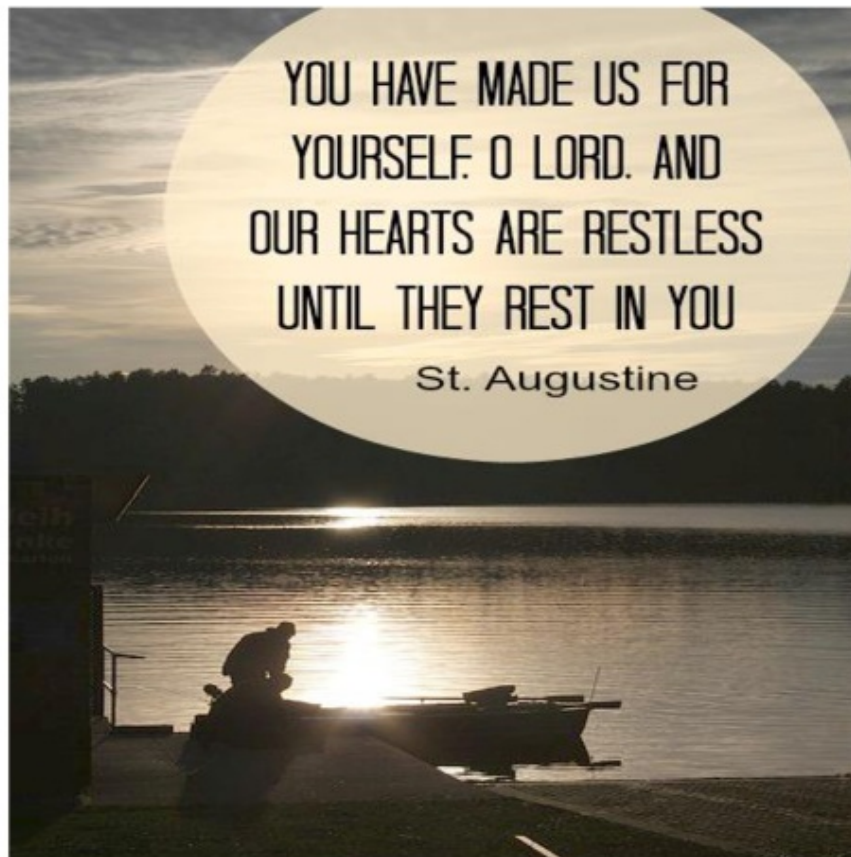
For good reason the message title is **THE RESTLESS ONES.**

Other Scriptures we'll be looking at are Psalm 80 and John 10:7-11.

My prayer is that as God's sheep—his children—we may 'simmer down' to enjoy the life that comes from the Good Shepherd. See you this Lord's Day!

Pastor Chuck

THIS SUNDAY'S BULLETIN BELOW

YOU HAVE MADE US FOR YOURSELF, O LORD, AND OUR HEARTS ARE RESTLESS UNTIL THEY REST IN YOU

St. Augustine

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