

# STRESS BUSTERS

40 DAYS WITH THE SHEPHERD

## OPENING

## 1. What keeps you from slowing down and relaxing?

# **BIBLE STUDY**

1. Does the picture of “green pastures” and “quiet waters” seem appealing to you? Explain.

## God's Ways for Experiencing Green Pastures and Quiet Waters

Read Psalm 119:97-104

2. Go verse-by-verse, identifying the benefits gained from studying God's word? Can you think of additional benefits?
3. What word would you use to describe how the Psalmist felt about God's word? How does that compare to the way you feel about God's word? What do you think inspired the writer to feel this way and could the same things inspire your study of God's word?

Read Exodus 20:8-11 and Isaiah 58:13-14

4. While not discussed in Sunday's message, Keeping the Sabbath is another God-given way for restoring balance in our life and building our relationship with God. God considered the Sabbath so important that he made it a part of the Ten Commandments. Why is taking a day off from doing work so important? In answering, consider the following questions:

How can keeping the Sabbath help restore you: Physically?  
Mentally?  
Emotionally  
Relationally  
Spiritually?

5. How well are you doing at keeping the Sabbath?
  
6. If sheep chose not to follow their shepherd to green pastures and quiet waters what would happen to them? How does that apply to keeping the Sabbath and studying God's word?

## APPLICATION

### **How To Define Work Without Becoming Rule-bound.**

Sabbath is a weekly day of rest and restoration where you do not work. The difficulty is defining what constitutes work. Here is a simple definition. Work is anything you do that you get paid for and anything that feels like a chore. For instance, for some people gardening is a joy and could be a great Sabbath activity. For others, gardening is a chore and should be avoided on their Sabbath day.

1. Are there any activities that are now a part of your Sabbath day that you need to stop doing in order to practice a true Sabbath?
  
2. What activities could you do on your Sabbath that would help you experience physical, mental, emotional, relational or spiritual restoration or would allow you to enjoy the life God has blessed you with?
  
3. **Having a daily Quiet Time.** In Sunday's message, I challenged everyone to commit themselves to a daily Quiet Time. I talked about the importance of consistency and having a plan. What time of day will you have your quiet time? What will you study after this Bible study is over?

I also talked about having variety to keep from getting in a rut. Have you tried any of the spiritual formation exercises we have offered in our Spiritual Formation Saturdays? If so, can you share what the experience was like for you? If not, you can find them on our church website under the "Online Church" tab.