

# Short and Sweet: Green Pastures by Mary Kane



Nourishment and  
refreshment for the  
soul.

*The LORD is my shepherd: I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.*

*Psalm 23:1-3*

Because Jesus is our Good Shepherd, will lack for no good thing.

Knowing that God supplies everything we need pertaining to life and righteousness, our souls can find rest.

In order to experience His rest, we must lie down, but not just anywhere. According to our verse, God “makes His sheep lie down in **green pastures**.” I began to ponder why God made His sheep lie down in **green pastures** and why sheep find **green pastures** particularly peaceful. The answer?

## Food.

The sheep rest peacefully because they are surrounded by their favorite fodder, green grass. The flock did not need to worry

about tomorrow, because tomorrow was already provided for ... as far as the eye could see.

We are God's sheep. We also find peace by resting on our **green pastures**, the word of God. "For man does not live by bread alone, but by every word that proceeds from the mouth of God." We can rest because our tomorrows are already provided for, and we can partake as often and as long as we like. The more we feast upon God's word, the more peace we shall have.

**If your life lacks peace, and your soul is troubled, come to God and rest in His Word.**

### **Action Points:**

1. Set a consistent time to read God's word. My favorite time is morning. Get up 15, 20, or 30 minutes early and start your morning feeding your soul with God's Word. You will find healing and restoration for your heart and soul.
2. Download an audible version of the Bible. Listen while you are driving, running, or working out at the gym. I listen at night while I'm drifting off to sleep (double peace!).
3. Set a goal for Scripture memory. Copy meaningful verses on note cards and memorize them while waiting at traffic lights, in checkout lines or while walking.
4. If you're a techy, you'll enjoy joining an online Scripture memory group such as Siesta Scripture Memory. Click on the link and sign up today!