

# 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!
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# Wounded Lives. Healed Hearts.

## Week 5: Worry or Peace?

Jane and I welcome you to Lesson Five of *Wounded Lives. Healed Hearts*. We are very excited to join you during this journey into encouragement and healing. Jane and I are praying this week that you will come to Jesus and lay down your burdens. It is His will that we find rest and peace in Him.

### Weekly Homework

Each week we will add your assignments to a password-protected post. Look for the password every Tuesday evening in your email. Below you will find homework for each level of study. Feel free to change from Level 1, Level 2, or Level 3 as your schedule allows! **Remember, there is no pressure to complete every activity. These are just options for your growth. They can be accessed at any time, even after the study ends.**



### Level 1, Study: Weekly Goals

- For Week 5, watch the video posted below: *Endless Distractions*
- Complete pages 71-84 in *Luke: Discovering Healing in Jesus' Words to Women*.
- Feel free to do any of the other activities from Levels 2 and 3 as your time allows.

## **Level 2, Community: Weekly Goals**

- *For Week 5, watch the video posted below: Endless Distractions*
- *Complete pages 71-84 in Luke: Discovering Healing in Jesus' Words to Women.*
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Join the *Community Call*, Wednesday night at 7:00 p.m. EST on *Talk Shoe* (Information on *TalkShoe* is in your weekly email.)

## **Level 3, Opportunity: Weekly Goals**

- *For Week 5, watch the video posted below: Endless Distractions*
- *Complete pages 71-84 in Luke: Discovering Healing in Jesus' Words to Women.*
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post, join the *Community Call* on Wednesday night on *TalkShoe*, and listen to the *Podcast* at the link provided up above.
- Complete the *Digging Deeper* questions in the margins of each lesson.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Take advantage of the Help for Healing resources by clicking on the links below:

My Peace I Give You Blog

Joyce Meyer Moving Beyond Worry

### **Week Five Video**

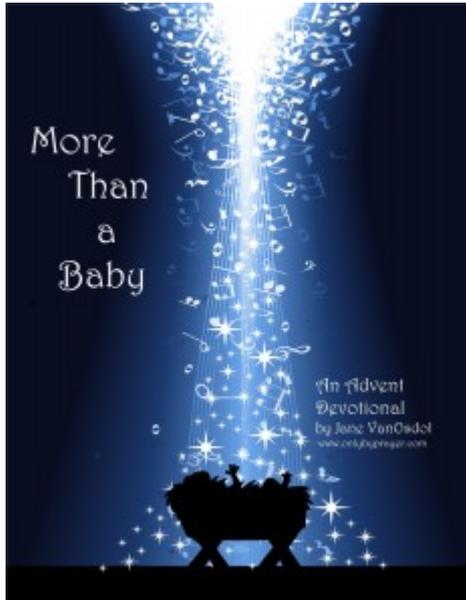
We pray that God, the author of peace will use this music to help you rest in Him:

**Questions of the Week (Please respond in the *Speak Your Mind* section at the very bottom of this page).**

**What specific action will you take this week to show that you are resting in Christ concerning a present challenge?**

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**Advent Devotional Wednesday,  
December 4**



Thank you for joining us for Day 4 of our Advent devotional. May I just say that if you need peace today, you will love the music selection for the day, Hope Is Dawning by Aaron Keyes. The lyrics and melody simply soothe the soul. If you'd like a bit of background about Advent, you can read Day One's entry.

Simply click on the link below for Day 4. Feel free to share any thoughts in the comment section of this post.

## **Wednesday, December 4 Advent Devotional**

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### **The Simple Life: Week Three**

#### **One Thing and Living**

*"For I determined to know nothing among you except Jesus Christ, and Him Crucified."* 1 Corinthians 2:1-2

Jane and I welcome you back to Week Three of The Simple Life! We are very excited to continue this journey with you into the simple. We pray that you are learning to find simpleness and peace in your life by focusing on one thing—Jesus. May you continue to answer God's call to leave the complicated and embrace the simple.

Here's our short introduction to the week 4 study:

If you missed the Week 3 Community Call Week, here it is. Lots of good things were discussed, so be sure to listen if you have time!

## **Weekly Homework**

Remember to check your email every Tuesday evening for your new password for the week. Below you will find homework for each level of study. Feel free to change from Level 1, Level 2, or Level 3 as your schedule allows! **Remember, there is no pressure to complete every activity. These are just options for your growth. They can be accessed at any time, even after the study ends.**

### ***Level 1, Study: Weekly Goals***

- For Week 3, do chapters 5 and 6 in *Becoming A Woman of Simplicity*.
- Remember to focus on Jesus.
- Feel free to do any of the other activities from Levels 2 and 3 as your time allows.

### **Level 2, Community: Weekly Goals**

- For Week 3, do chapters 5 and 6 of *Becoming A Woman of Simplicity*.
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post.
- Join the *Community Call*, Wednesday night at 7:00 p.m. EST on Talk Shoe (Information on *TalkShoe* is in your weekly email.)
- Listen to the *Podcast* for information on casting your burdens on the Lord . Simply click on the link below.

### **Level 3, Opportunity: Weekly Goals**

- For Week 3, do chapters 5 and 6 of *Becoming A Woman of Simplicity*.
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post, join the *Community Call* on Wednesday night on *TalkShoe*, and listen to the *Podcast* at the link provided up above.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Your Simple Challenge activity for this week is *Sabbath*. "To keep a Sabbath is to set aside a 24-hour day in which you do no work to rest in God's person and provision. Sabbath is a time to refrain from your normal responsibilities in order to pray and play with God and others." For ideas on how to go about planning your Sabbath, click on the link below.

## Sabbath

Take advantage of the Extra Simple resources by clicking on the links below:



### Priorities



### Sabbath Rest



## Sabbath Day

Image courtesy of Evgeni Dinev / FreeDigitalPhotos.net

Image courtesy of stockimages / FreeDigitalPhotos.net

[http://www.freedigitalphotos.net/images/view\\_photog.php?photogid=3840](http://www.freedigitalphotos.net/images/view_photog.php?photogid=3840)

For your listening and worshipping pleasure, please be blessed by the beautiful music of Paul Cardall—simply beautiful!:

**Questions of the Week (Please respond in the *Speak Your Mind* section at the very bottom of this page).**

**1. How did you spend the Sabbath this week? What did you feel and how did it affect you and your family? What did God teach you through this time?**

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## **Bible Study: May She Rest in Peace by Mary Kane**



Over the past few months desperation has caused me to seek the heart of God concerning rest and peace and I believe that He has revealed to me three crucial factors pertaining to His rest and peace. When we incorporate these three things into our lives we will indeed experience the peace of Christ, which surpasses all understanding. To do the study, *May She Rest in Peace*, please click on the link.

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## **A Little Sanctuary by Jane VanOsdol**



Therefore say, 'Thus says the Lord God: "Although I have cast them far off among the Gentiles, and although I have scattered them among the countries, yet I shall be a little sanctuary for them in the countries where they have gone."' Ezekiel 11:16

I stumbled across this verse as I was reading this morning and was really struck by the phrase "yet I shall be a little **sanctuary** for them in the countries where they have gone." The Hebrew word for *sanctuary* also means "sacred place" or "holy place." God was judging Israel for its sin and had scattered His people among foreigners, yet **God** still was a sanctuary for them right in the midst of where they were.

**Jesus** is still doing that very same thing for us today. No matter where we are, through our faith in Jesus, God has planted in us His **Holy Spirit** who resides in each one of us. Are you a missionary living in a foreign land? God will be your holy place. Are you traveling for work this week? God will be your sanctuary of refreshment. Are you trying to survive in a hostile work environment? God is your familiar refuge. Are you living out your calling in your busy home with little children on your hip or teens coming and going? God is your oasis of peace. Perhaps you're in your golden years. God is your inspiration for serving others.

No matter where your corner of the world is, remember that God is your sanctuary, your holy place, your *home*. Nestle your heart in Him and draw from His well of love and security as you serve others today in the power of the Holy Spirit.

Pray on!

*Jane*

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