

## God's Calm

PASTOR CRAIG SWEENEY

September 12, 2021

*"The Lord is my shepherd, I lack nothing. <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup> he refreshes my soul. He guides me along the right paths for his name's sake. <sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. <sup>6</sup> Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."* **Psalms 23:1-6 NIV**

**Psalm 23** - David takes us on a journey to God's Calm in spite of struggle and trouble. We will experience God's:

- Green Pastures.
- Quiet, still waters.
- Paths leading us to God's heart.
- Presence.
- GOODNESS and MERCY as they catch up to us in unexpected and desperately needed moments.

### 5 Seats At My Table:

- **Guilt / Shame** – Resolved / Unresolved
- **Conflict / Offense** – Resolved / Unresolved
- **Troubling Concerns** – Resolved / Unresolved
- **Aspirations** – Resolved / Unresolved
- **Decisions** – Resolved / Unresolved

Thread: **The BIG surprise for many is that God WANTS you to experience His CALM.**

**When I live from God's CALM, I experience life differently...**

- Not stuck in my own head.
- Not living distracted.
- Able to be present.
- Think more clearly.

- Greater clarity and insight into whatever presents itself today.
- Make better, wiser decisions.
- Less threatened, defensive, and insecure.
- More confident decisions.
- Have space to seek God's heart on the matter.
- Can be more decisive.
- Can be a blessing to others.

**Simple question: Is there UNRESOLVED GUILT / SHAME speaking to you?**

**It's holding you back from moving forward in Christ.**

*"There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. <sup>12</sup> You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. <sup>13</sup> For someone who lives on milk is still an infant and doesn't know how to do what is right. <sup>14</sup> Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong. (6) So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding. Surely we don't need to start again with the fundamental importance of repenting from evil deeds and placing our faith in God."* **Hebrews 5:11-6:1 NLT**

**We all need God's forgiveness**

*"When you were slaves to sin... what was the result? You are now ashamed of the things you used to do, things that end in eternal doom...<sup>23</sup> For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."*

**Romans 6:20-23 NLT**

*"For everyone has sinned; we all fall short of God's glorious standard. <sup>24</sup> Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. <sup>25</sup> For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood."* **Romans 3:23-25 NLT**

### **Ask Forgiveness from God**

#### **Restored to friendship with God once...**

*"God made you alive with Christ, for he forgave all our sins. <sup>14</sup> He canceled the record of the charges against us and took it away by nailing it to the cross. <sup>15</sup> In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross."* **Colossians 2:13-15 NLT**

*"since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. <sup>2</sup> Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory... <sup>6</sup> When we were utterly helpless, Christ came at just the right time and died for us sinners...<sup>10</sup> For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. <sup>11</sup> So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God."* **Romans 5:1-11 NLT**

#### **Daily to maintain a healthy friendship**

*"and forgive us our sins, as we have forgiven those who sin against us."*  
**Matthew 6:12 NLT**

#### **Decisions I can make to silence the voices of Guilt and Shame:**

- Do I have unresolved guilt and unforgiveness?
- What in my life is causing me guilt?
- What do I feel shame over?
- Will I RECEIVE God's forgiveness?
- Will I follow God's example of forgiving others?

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* **Philippians 4:6-8 NLT**

### **Challenges:**

1. Resolve the unresolved Guilt/Shame.

### **Check out these FREE online resources:**

#### **STUDIES BY DOUG BRITTON:**

Turn to God to find Peace

[www.dougbrittonbooks.com/resources/turn-to-god](http://www.dougbrittonbooks.com/resources/turn-to-god)

Receive God's Forgiveness

[www.dougbrittonbooks.com/resources/gods-forgiveness](http://www.dougbrittonbooks.com/resources/gods-forgiveness)

Enjoy God's Love

[www.dougbrittonbooks.com/resources/gods-love](http://www.dougbrittonbooks.com/resources/gods-love)