

A person stands on dark, wet rocks at the edge of a calm sea during a sunset. The sun is a bright orange orb on the horizon, with its light reflecting as a shimmering path across the water. The sky is filled with dramatic, dark clouds, some of which are illuminated from below by the setting sun, creating a mix of orange, yellow, and deep blue. The person, seen from behind, is wearing a dark jacket and shorts. The overall mood is peaceful and contemplative.

# God's Provision Of Rest

# Psalm 23: 1-2

The Lord is my shepherd; I shall not want.  
He makes me lie down in green pastures.  
He leads me beside still waters.

A person wearing a brown jacket and a cap stands in a field, looking out over a landscape of rolling hills and fields under a cloudy sky. The person is seen from the back, standing on a rocky outcrop. The text "Who Are You?" is overlaid in white on the image.

# Who Are You?



A white sheep with thick, curly wool is the central focus, looking directly at the camera with a neutral expression. Its ears are slightly pointed. In the background, another sheep is partially visible, resting its head. The foreground is filled with small, bright yellow wildflowers. The entire image has a dark, semi-transparent overlay, making the white text stand out.

# What Do You Do?



# Why It Matters?

# TAKE HOME

When you have "free time", what do you do with it?

When do you feel most connected with Jesus? Describe what you do or don't do in order to get connected.

In this season of life, what one thing do you need Jesus to provide for you?

Later on today, I want to encourage you to take 3-5 minutes (use a timer) and sit still and reflect on Jesus. To help you concentrate, slowly repeat the phrase "The LORD is my Shepherd" emphasizing a different word each time you repeat the phrase. If you could please text or email me and let me know how it went, I would greatly appreciate it.



# Cosmic Eye

<https://www.youtube.com/watch?v=8Are9dDbW24>

