

Psalm 23 - *Makes Me Lie down*

There are times when parents point out to their child/children that the bad tasting medicine they need take is good for them. Adults sometimes balk at what doctors' order for health and healing. My parents bribed me to take certain bad tasting medicines. It is so common for humans to resist medicinal remedies that there is even a song in the movie "Mary Poppins" entitled "A Spoonful of sugar helps the medicine go down."

Reviewing our phrase, we see that the emphasis here is now placed upon the rest which is absolutely needed by the sheep. The shepherd knows how to provide this respite for his sheep at proper times. The word "makes" means "causes." It has the suggestion that the shepherd provides a setting where sheep can lie down and rest.

The time of this verse actually starts with noonday. This is when the flock has already covered quite a bit of ground. All this moving about is causing them to be tired and needing rest lest they be overdriven.

Max Lucado points out in his book *Traveling Light* that "America can't get to sleep." He points to data that shows teenagers through senior citizens are often sleep deprived.

We all seem to fight rest/sleep. We are often like the child who says "I am not tired" but then slips into a nap while he is still protesting his need for rest.

Making sheep to lie down when they would rather be doing something else is a gracious and considerate act to ensure that they rest in the heat of the day.

In the *Small Catechism* Luther says: to nightly say the Creeds, the Lord's Prayer, and a final evening prayer, he said, no matter what happened that day, "Then go to sleep at once and in good cheer." This he did in spite of all the conflict and persecution in his life.

You are probably saying, "I wish I could." Our life in a fast paced world and causes much of our restlessness. However, our biggest problem is sin. The devil uses sin to point out all of our failures. He also nurtures the anger and hurts caused by others. Give those all to the Lord and trust in reconciling power and work.

Prayer:

Dear Lord, help me to take all of my cares and place them into your strong hands. Take all of my sins and send them as "far as the east is from the west. Give me the peace that the world cannot begin to give or even understand. Amen.