

BETTER THAN OKAY

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May 10, 2026

JOHN 10:10

SUNDAY REFRESHER

Most of us aren't actually resting - we're escaping. We numb, scroll, stream, drink, binge, and distract ourselves trying to quiet the noise inside us, but what we call "rest" often leaves the soul just as exhausted as before. Jesus exposes a deeper truth in John 10: the thief doesn't always show up through obvious destruction. Sometimes he comes through endless distraction, quietly stealing the abundant life we were meant to experience.

Psalms 23 paints a different picture. The Good Shepherd doesn't sedate the sheep - He restores them. He creates environments of peace, gently leads us beside still waters, and nourishes starving souls with something real and living. True rest doesn't merely pause the chaos; it transforms us in the middle of it. Abundant life is not found in checking out of reality, but in learning how to let Christ shepherd us through it.

PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*

QUESTIONS

- *Why do you think distraction has become such a normal part of life, even when it often leaves us feeling emptier afterward?*
- *What's the difference between escape and actual soul restoration, and how have you experienced that difference personally?*
- *What escape habit might you need to remove from your life or change?*
- *What's one specific step you want to start taking to actually find rest? i.e. Sabbath rest*

SCRIPTURE REFERENCES

John 10:10 | Psalm 23:1-3 | Psalm 46:10

CONCLUSION

There's a reason distraction feels comforting at first. Escape promises relief without surrender. It offers anesthesia instead of healing. But eventually the noise comes back, the anxiety resurfaces, and the soul remains hungry. Jesus never promised numbness - He promised life. Abundant life. The kind that steadies anxious hearts, restores weary minds, and teaches people how to breathe again in the presence of God.

The invitation of the Good Shepherd is surprisingly simple: slow down enough to be led. Green pastures are rarely loud. Still waters are not frantic. Restoration often begins through small, intentional changes repeated faithfully over time. One habit surrendered. One moment of stillness. One honest prayer. One day of true rest. The Shepherd is still leading. The question is whether we're willing to stop grazing in dry places long enough to follow Him somewhere green.

Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!

