



# Psalm 23

## Psalm 23:2-3 – Still Waters/Paths

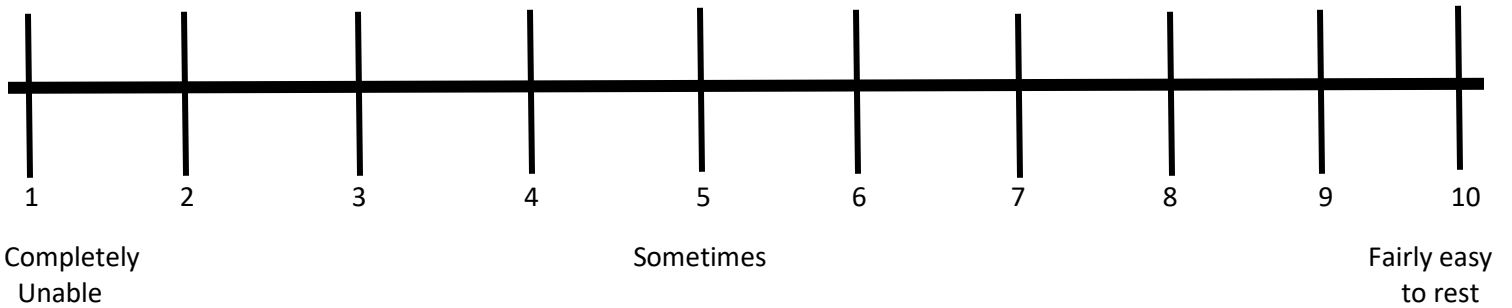
- Psalm 23:1-6 \_\_\_\_\_  
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- Psalm 23:2-3, “He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake.”  
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- What are some images that come to mind when you think about rest? What does rest look like for you?

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- What grade would you give your ability to rest at this stage of your life?  
Why?



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- Where do you find yourself facing weariness? What causes that exhaustion?

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- What are some ways that you have sought rest outside of the Lord as a response to your exhaustion?

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- According to John 10:9, what are the two benefits of following Jesus?

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- What is righteousness? How would you define it according to your understanding of Scripture?

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- Describe a time when you tried to live a moral life apart from God. What effect did it have on you? In what ways did it shape what you thought of as “good”?

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- Where do you need to surrender to God’s care as the fuel for your righteousness?

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- Do you find yourself resorting to “white-knuckled” discipline? How should the truth that Christ purchased your righteousness on the cross change the way you think about obedience?

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- How would you describe the current state of your spiritual life? Do you sense the nearness of God or are you weary, wrestling with doubt?

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- Where do you find yourself discouraged today? What is fueling that discouragement?

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- Remembering that the ways of the Lord, your shepherd, has provided for you, what could you do to rest in His provision today?

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- **Main Idea:**

- {Vs. 2} When the Lord is our shepherd, He leads us in to perpetual rest for the restoration of our souls

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- {Vs. 3} When the Lord is our shepherd, we receive the righteousness of Christ as a free gift that He extends to us for the glory of His name.

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- **Head Change:**

- {Vs. 2} To believe that all promises of rest apart from the Lord are ultimately empty.

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- {Vs. 3} To believe that God has counted us righteous not because of our obedience, but because of the obedience of Christ.

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- **Heart Change:**

- {Vs. 2} To feel a tangible sense of rest from the chaos of life.

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- {Vs. 3} To feel free from the need to earn God's acceptance through our good works.

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- **Life Change:**

- {Vs. 2} To repent of whatever false forms of rest we are chasing, and pursue only the promise of rest extended by the Lord.

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- {Vs. 3} To repent of any ways in which we are living to build up our name and seek solely to live our lives for the sake of making much of the glory of God.

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## Personal Reflection & Application

- What are some ways that you have sought rest outside of the Lord as a response to your exhaustion, either today or at some point in the past?

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- What do you need to surrender to the Lord today? What is keeping you from following His voice to green pastures, still waters, and the restoration of your soul?

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- How does the idea of God as your shepherd fit into your current perspective of God? In what ways should it change the way you think about God?

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- What characteristics of Jesus stand out to you the most based on how John describes Him in John 10:1-18? How do those characteristics compare to the way David describes the Lord in Psalm 23?

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- What are some examples of ways your personal desires have led you astray from following Jesus? What about culture? Relationships?

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- What kept you from remaining focused on Jesus in the times when you were led astray? What did you desire from those other “shepherds” that you did not think Jesus could supply?

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- Where do you find yourself lacking today? What can you do to pursue Jesus as your provider rather than following another false shepherd?

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## Go Deeper

Read more peace with God through faith in Jesus Christ in the following verses:

Galatians 1:3-5

1 John 3:18-20



According to Paul in Galatians, what is the basis for our deliverance from "the present evil age" to a place of peace?



Because of our deliverance, how does John instruct us to "reassure our hearts"?



Taken together, how should these two passages inform the way we pursue peace?

## Live It Out!

- Memorize!
  - Continue working on memorizing Psalm 23. This week, focus on verses 2-3 reciting them to yourself over the next few days.
- Pray!
  - Spend at least five minutes in prayer each day this week specifically confessing to the Lord the places where you have found yourself in need of rest as a result of this session.
  - If the Lord has revealed to you any ways that you have misunderstood the righteousness He freely gives, confess that to Him through this next week. Ask that He would free you from false belief in order to walk in the truth of His Word.
- Encourage!
  - If you are currently in a season of enjoying rest in the Lord, look for someone in your life who is struggling and make an intentional effort to encourage them with the truths you learned from this session.
- Serve!
  - Identify a need somewhere in your day-to-day routine (workplace, neighborhood, school, etc.) and make an intentional effort to serve that need to make much of the name of the Lord.

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# ANNOUNCEMENTS

- **Community Book Exchange** – Third Saturday of every month :: Next date: Saturday, September 19<sup>th</sup> from 11am to 3pm
- **Prayer Walk** – Every 2<sup>nd</sup> Monday of the month :: Next date: Monday, September 14<sup>th</sup> at 5:30pm
- **Love Life – Girl's Night In: *Your Invited!*** :: Friday, Sept. 11<sup>th</sup> at 6:00pm
- **Faithlife Giving** – Tithes & Giving. Go to [www.TheGatheringBV.com/giving](http://www.TheGatheringBV.com/giving)
- **New Sermon Series: *Walking in Truth, Surrounded by Lies***
- **Weekly Prayer**

○ Church: Cornerstone Church

○ Businesses: Arkansas valley Music & Dance

Chalk Creek Campground & RV Park,

Colorado Aspen Creations,

Global Vista Technologies

- **Announcement Notes:** \_\_\_\_\_  
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