

PSALM

23
week 1

At the beginning of Psalm 23, David paints a beautiful metaphor of a sheep relaxing in a lush, green field, and being led near softly flowing water. Let's take a look at how God provides the same kind of comfort and rest for us in Him.

Read: Psalm 23:2-3

When sheep are hungry, they will not find peace until they are satisfied. The picture in this scripture is of a sheep lying down in a pasture full of rich and nourishing vegetation, perfect for grazing. However, in the midst of this literal smorgasbord, the sheep is lying down, not eating.

Why would a sheep, surrounded by the most delicious food, choose to lie down in it?

What is the pasture God invites us to fill ourselves on, and then rest in?

What have you previously chosen to feed yourself, instead of the nourishment God offers?

How did God lead you to His green pasture that fills you in a different and more complete way?

Read: John 14:27

Sheep are an easy target for predators, and easily frightened. They, like us, often tend to make bad decisions when they operate out of fear. However, we see David describing a sheep lying defenseless, yet carefree, in an open field.

What does the sheep rest in, that calms its fear and brings it to absolute contentment?

What fear is the Good Shepherd gently calling you to turn over so that you can rest in His care?

Picture it:

Imagine a fluffy, contented sheep in a rich, green pasture, near a quiet river flowing by. Listen in your mind to the sound of the gentle trickle of the water, the feeling of a soft breeze flowing by, the smell of the soft grass that cushions the ground. What would it feel like to be that sheep, sated with food and drink, safe and protected, able to fully and completely rest?

Sit quietly in that feeling for a moment.

What would it feel like for you to carry that feeling, that sense of peace and rest, into your life?

What would change if you lived out of that rest daily?

Prayer:

Father, thank you for being our Good Shepherd. You provide us with everything we need. You are always near, so we can feel safe and secure in your care, and you lead us in the way we should go. Help us trust you completely so that we can rest in You. In the name of Jesus, amen.

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The Lord Is My Shepherd

A Psalm of David.

23

The Lord is my shepherd; I shall not want.

2

He makes me lie down in green pastures.
He leads me beside still waters.

3

He restores my soul.
He leads me in paths of righteousness
for his name's sake.

4

Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

5

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

6

Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

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