

PSALM 23 TEACHING GUIDE WEEK 2



MAIN SCRIPTURES:

Psalm 23:2-3 **SECONDARY:** John 10:1-18

MAIN POINT:

When the Lord is our Shepherd, our souls are continuously restored.

JESUS CONNECTION:

Jesus is our Good Shepherd and through faith in Him we have full life.

NOTES

THE WHAT

WHAT are we talking about and WHY does it matter to me? (2-4 min)

ME

- Optional Visual: Get a student volunteer to come up and stand next to you and do jumping jacks while you open your talk if they start to slack off or slow down call them out and tell them to keep going at a fast pace. Bonus if you give them a backpack full of heavy books which you can refer back to latter in your message.
- Share a Personal Story of a time you in your life where you were "running really fast" and pushed to the brink of exhaustion. Could be stress of school or an actual marathon race you were running.
- If you went with the optional visual, tell your volunteer they can stop now. Thank them, maybe give them a cool prize for volunteering or at least a bottle of water, and have everyone clap for them as they sit down.

WE

Ever feel like you were in a place or season of weariness? Drought?
 Exhaustion?

TRANSITION

• In Psalm 23 it talks about how God leads us out of drought and dry waters and into green pastures, to living waters, into peace.

SO WHAT

So WHAT does this mean for my faith and life with God? (6-8 min)

GOD

READ PSALM 23: 2-3 TOGETHER.

IT'S SO EASY FOR US TO WANDER OFF THE RIGHT PATH.

 Last week we connected Psalm 23 and John 10 and talked about how Jesus is our good Shepherd and we are called to follow His voice. We talked about how when we listen to other voices of culture, our own compulsions, or others around us – we will grow tired and weary of living our life to follow those voices.

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SO WHAT CONTINUED

GOD CONTINUED FOLLOW GOD'S VOICE INTO A PLACE OF REST.

- When this psalm was written, there was a custom among shepherds that around noon they would lead their sheep into green pastures with streams and let them rest until about 3-4pm.
- They wouldn't travel or hurry from here to there, they would simply eat, drink, and rest. Then they would lead them back to a safe place to sleep for the night.
- Through the imagery in this verse God is asking us to picture resting in green, plentiful pastures with Him. Not the kind of rest you grab a pillow for, the kind of rest your soul craves for when it's weary, exhausted, worn out.
- Constantly chasing the world's standards, the approval of others, achievements, inner drives, there will always be more and more to do to prove yourself.
- We know this, right? That's why sometimes we go on vacations or binge on Netflix series or video games – to get away from the busy and rest. But that kind of rest can not restore our souls. That's why people can party or drink or do things to avoid their problems, only to wake up hungover and all their problems are still there.
- Listen to God's voice: your Good Shepherd. Listen to a few things He says about you:
 - O You are loved and appreciated (1 John 3:1)
 - O You are loved and forgiven (Psalm 103: 11-12)
 - O Your voice and presence matters (Jeremiah 29:12-13)
 - O You are gifted for good (Ephesians 2:10)
 - O You are victorious (1 John 5:4)
 - You are valuable (Matthew 6:26)
 - Listen to that voice and find rest! Not just once, over and over again! It is a CONTINUAL need in our life to have both physical and spiritual rest, just like the shepherds continually lead their sheep to green pastures and water to eat, drink, and rest.

JESUS CONNECTION

- We don't earn the right to rest after we've "done enough", it's freely given to us by God.
- Jesus freely gave up His life on the cross to rescue us from our sin and death; we are saved by having faith in Jesus Christ.
- This is the foundation of our faith. Jesus is our Good Shepherd and through faith in Him we have full life.

TRANSITION

- So what does all this mean for you?
- What weights are you carrying that you can lay at Jesus' feet and rest?
- Optional visual: pick up the backpack from before and take out a book one a time, naming it different things that can weigh our souls down:
 - Living up to parents and teachers expectations
 - Living for your friends approval
 - Trying to be perfect at everything
 - O Thinking you are not good enough

NOW WHAT

NOW that I know, HOW can I live this out? (2-4 min)

YOU

- What weights are you carrying?
- Let go of trying to live up to others standards, let go of always trying to be perfect, let go of chasing after wins or achievements

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WE

- When we take rest in God, it restores our souls. It's not a once in a lifetime need, it's a continual need like drinking, sleeping, and eating – and God stands there with open, loving arms to welcome us over and over again.
- Not only that, when we walk along God's path for us like it says in verse 3 it brings honor to God! How cool is that!

PRAY

- Close your time together in prayer.
- Lord, when we trust you as our Good Shepherd you continually restore our souls. We ask for that now God. We lay our burdens, our weights, our wandering ways at your feet and ask for you to guide us along right paths. Restore our souls Lord, Amen.

| NOTES |
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