

PSALM 23
DISCUSSION 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.

LEADER CORNER

GOALS OF SMALL GROUP

For students to:

- (1) Realize that all promises of rest apart from God are ultimately empty.
- (2) Choose to come to God over and over again for the rest they need.

THINK ABOUT THIS

Think back over your last month. **When did you feel the most rested? What made that moment restful for you?** Rest is important. It's even commanded in the Bible. We started off this study talking about how God is our Shepherd who provides for our needs. And just like our need for rest repeats itself, so does our need to return to God for continual rest. **Are the students in your group always stressed out?** Does their life feel like chaos? How can you encourage them to find rest and restoration in God? **How do you find rest and restoration in God?** Think of tangible habits in your life that help you rest in the Lord, and share that with your students. This shows them that not only do you believe in today's lesson, but how you choose to live it out.

HOW TO USE THIS GUIDE

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

CONVERSATION GUIDE

GET THEM TALKING

When was the last time you felt most rested and what made that moment restful for you?

DISCUSSION QUESTIONS

1. On a scale from 1-10, 1 being super stressed and 10 being super rested – where do you fall right now? Why?
2. What different things in your life keep you from feeling rested?
3. What are different things you do to feel rested?

READ PSALM 23:1-6, paying special attention to verses 2-3, and answer the following questions:

4. In your own words, what are verses 2-3 saying?
5. What does it mean to you to find rest in God?
6. What does it mean to you to find your strength in God?
7. What's the toughest thing going on in your life right now? Write it down on your phone or piece of paper and ask God for His strength in this. This may be too tough for you to deal with on your own, but God is strong enough to help you overcome it!** (see back page for additional ideas)
8. What things in our lives can keep us from following God's voice to right paths and peaceful streams?
9. What things can we do to follow God's voice, find our rest in Him, and lean on His strength above our own?

NEXT STEP

Give your group some time to reflect and pray on what is holding them back from following God's voice to right paths and peaceful streams. Encourage them to ask God for forgiveness for any wandering steps and to guide their steps this week.

PRAYER GUIDE

Ask your students to share their prayer requests and close your time together in prayer.

MAIN SCRIPTURES

Psalm 23 NLT

¹ The Lord is my Shepherd;
I have all that I need.

² He lets me rest in green meadows;
He leads me beside peaceful streams.

³ He renews my strength.
He guides me along right paths, bringing honor to His name.

⁴ Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

⁵ You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.

⁶ Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

BONUS LEADER RESOURCE

**Before asking this question, pass out a sheet of paper and pen to each of your students. On it, have a small circle drawn. Ask them to write in the circle the toughest thing in their life right now. Then have them write the word "God" as big as they can on their paper. This illustration is to point out how big God, and His strength are, compared to our toughest storm. Encourage your students to lean on God's strength during their toughest storm – because He is bigger than anything they face, He always cares for them, and He is always with them.