



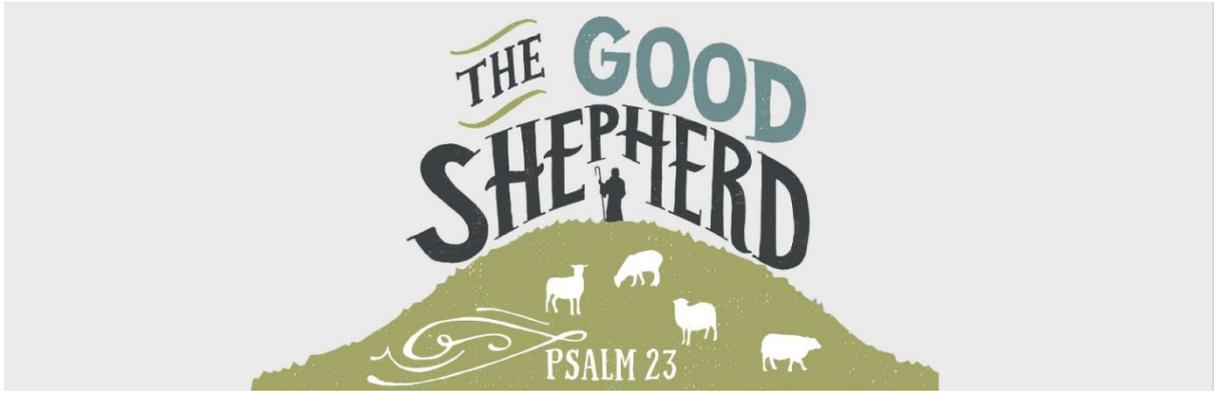
I Am Refreshed | Psalm 23

1. Spend a few minutes reminding yourselves about the metaphor David is using in these verses, that of a shepherd. What does this image of God mean to you?
2. Verse 2 talks about 'lying down in green pastures'. How easy do you find it to stop and rest?
3. Green pastures are the place where the sheep feed. What are the things which 'nourish' you in your Christian life? Share them together.
4. The sermon included reference to the Ogallala aquifer, a huge source of water which is becoming depleted by depletion, climate change and pollution. Share together about some of the things which deplete or discourage you in your relationship with God.
5. Sheep cannot rest if there is friction in the flock. How important do you think unity is in a group and the church more widely? Read **Ephesians 4:1-6 together**. **How can even greater unity be fostered?**
6. Still waters were the place where the shepherd tended wounded sheep. Share together about any times when you have experienced God's healing.
7. Read Matthew 11:29-30 together. Talk about this description Jesus gives and what it means to you. What would the 'unforced rhythms of grace' (v30 in the Message) look like in practice in your daily lives?
8. Read Psalm 131 together. David here uses a very different image for God and our resting in him. What does this image tell you about resting in God?
9. Read Psalm 23 in The Message. (Next page) Does anything new strike you when you read it in a different, less familiar version?
10. Spend some time praying with each other about the challenges you face in finding rest and refreshment in God.



What did you discover about God in this passage?
What did you discover about people in this passage?
How will you commit to obey this passage this week?
With whom will you share what you have learned?





Psalm 23 The Message

God, my shepherd!
I don't need a thing.
You have bedded me down in lush meadows,
you find me quiet pools to drink from.
True to your word,
you let me catch my breath
and send me in the right direction.
Even when the way goes through
Death Valley,
I'm not afraid
when you walk at my side.
Your trusty shepherd's crook
makes me feel secure.
You serve me a six-course dinner
right in front of my enemies.
You revive my drooping head;
my cup brims with blessing.
Your beauty and love chase after me
every day of my life.
I'm back home in the house of God
for the rest of my life.



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How will you commit to obey this passage this week?
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