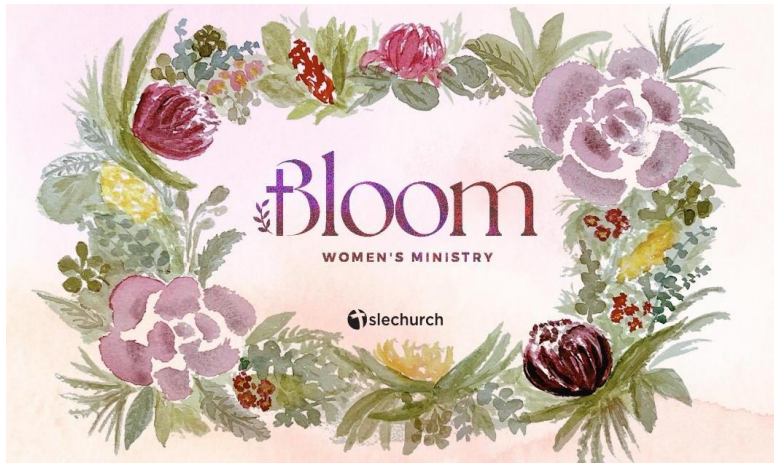




Psalm 23

A Psalm of David.

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.

In Triplets

Reflect on Psalm 23 and the talk you've just heard. What did you find encouraging, challenging or surprising?

1. Our Good Shepherd

Read John 10:11–18, 27–29.

What do these verses teach us about Jesus as our Good Shepherd? How does knowing Jesus as our Shepherd shape the way we read Psalm 23?

2. Our Shepherd in the Valley

Psalm 23 doesn't downplay the reality of dark valleys, but highlights the presence of God in them. When life gets dark, where do we look for confidence, and in what ways have you seen other sources of confidence reach their limit? What difference does it make to know that Jesus has gone through the valley of death for you?

3. Our Shepherd's Destination

Read John 14:1–7 and Revelation 7:17.

What do these passages and Psalm 23 show us about where our Shepherd is ultimately leading us? How might this future hope help us experience the confidence expressed in this Psalm?

4. Following Our Shepherd

What does it look like to follow the Good Shepherd in your everyday life?

- Are there areas where you are tempted to take control or go your own way rather than follow his leading?
- When you are facing fear or difficulty, what truth from Psalm 23 could you remind yourself of?

Prayer

Spend time in prayer to the Shepherd who promises to restore your soul.

Creative Response

Do a drawing, painting or write a poem in response to this Psalm.

You could draw or paint one of the images of Psalm 23, do some hand lettering of your favourite verse as a reminder, or write out the whole Psalm in order to start learning it.