

Psalm 23: Getting Through Difficult Times
“Healing Hurts, Part II”
Psalm 23:5

THE BIG IDEA: The key to healing when others hurt us is finding a place where God meets us, feeds us with his Presence, removes the fear of being hurt again, and leads us forward in faith.

OPEN WITH PRAYER

GETTING STARTED: What is your favorite kind of meal? Would you call it a “feast”?

LEARNING & APPLYING GOD’S WORD

Together, read Psalm 23

1. Is there one insight from the sermon that particularly stood out?
2. Greg talked about seasons of orientation, disorientation, and new orientation in the psalms in general and in Psalm 23 particularly. Which “season of the soul” do you find yourself?
3. The passage talks about “those people or things that harass or bind us,” in other words, our “enemies” or “adversaries.” Who are your enemies? What stands between you and God? Are they internal or external?
4. Have you experienced God’s provision in the midst of hurt and adversity?
5. Where in your life is “your cup overflowing”?

LIVING OUT “REAL LIFE”

6. Where are you being called to move away from fear of being hurt and toward faith in the God who provides?
7. How can your Real Life Group or small group encourage you or stand beside you in a time of disorientation and struggle?

SHARING AND PRAYER (Prayer Requests)

Take some time to share prayer requests, where you need to find God's grace and peace. Be sure to give thanks for each other and pray for one another's needs. When we pray together, we find the power of God.