

Psalm 23: Staying Calm in Anxious Times
"No Worries"
Psalm 23:1

THE BIG IDEA: When David says, "The Lord is my shepherd, I lack nothing" he is saying that contentment and freedom from worry are result of the character of God. We can trust God with our lives because he is a good shepherd.

OPEN WITH PRAYER

GETTING STARTED: Think back over your relationship with God. When did it become personal for you? What event led to you being able to say, "The Lord is my shepherd"?

LEARNING & APPLYING GOD'S WORD

Together, read Psalm 23

1. How we really think about God (our image of God) determines how we relate to him. What words would you use to describe how you really think about God? Has your image of who God is changed over the years? In what ways and what events prompted those changes?
2. Read the parable of the lost sheep in Luke 15. What does this parable tell you about what God is like?
3. Read John 10:7-14. What do these verses tell you about you about Jesus as the good shepherd. What are the main characteristics of a good shepherd.
4. What are the characteristics of a good shepherd that most appeal to you? How might the fact that God is like a shepherd help you to relate to him more easily?
5. How does our image of God influence our contentment in life? How can it help us not to worry?

LIVING OUT “REAL LIFE”

7. How have you seen the good Shepherd supply your needs?
8. Is there anything that you are worried about today that you need to trust to the good Shepherd. Share this with your group and pray for each other.

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 needs. When we pray together, we find the power of God.

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