

Psalm 23: Staying Calm in Anxious Times
“Learning to Rest”
Psalm 23:2

THE BIG IDEA: Having the Lord as our Shepherd helps us learn how to rest.

OPEN WITH PRAYER

GETTING STARTED: What was the best vacation of your life? Why?

LEARNING & APPLYING GOD’S WORD

Together, read Psalm 23

1. Do you agree that one of our greatest needs as a society is to learn to rest? If so, why?
2. How would you describe your lifestyle in light of this scripture and sermon? On a scale of 1-10 (10 being really busy, 1 being perfectly balanced) how would you rate your life?
3. What are the reasons behind our society’s hurried pace? Why do we tend to fill our lives with so many things?
4. Is the idea of a Sabbath new to you? What are the elements that should make up a Sabbath?
5. Read together Matthew 11:28-30. Steve said in his message that the rest we get from the Lord being our Shepherd is more than just a vacation, or changing our external circumstances. How would you describe to someone the rest that Jesus offers us in Matthew 11:28-30?
6. How does sharing a yoke with Jesus help us find deep rest? How is sharing a yoke with Christ and having the Lord as our Shepherd the same thing?

LIVING OUT “REAL LIFE”

7. Is Sabbath a part of your life? What steps can you take to make sure that the weekly habit of taking a Sabbath is a regular part of your life?
8. Do you ever have times of sitting beside quiet waters with God? Is the daily discipline of a time along with God a regular part of your life? What steps can you take to make this important spiritual discipline a habit?
9. Is your life overloaded? Are you too busy? What steps can you take to simplify your life a bit?

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.

□

□

□

□

□

□