

Psalm 23: Staying Calm in Anxious Times  
*“Healing Hurts”*  
Psalm 23:3

THE BIG IDEA: When we are hurt emotionally, a critical part of healing is for God to bring us back to him to a place of trust.

OPEN WITH PRAYER

GETTING STARTED: Where’s your favorite place to go where you say “I feel myself now”?

LEARNING & APPLYING GOD’S WORD

**Together, read Psalm 23, focus on verse 3.**

1. Was there one idea that stood out from Greg’s message? Share that among the group.
2. The verse we’re focusing on can be translated as “he restores my soul,” “he refreshes my soul,” or “he renews my life.” Describe what that sentence means in your own language.
3. Greg talked about how Psalm 23—with its emphasis on God’s goodness and comfort—follows on Psalm 22—where David expresses profound forsakenness. Which of those two seasons of life are you in?
4. Where do you find a place where God restores you especially when you’ve been hurt?
5. The theme of Sunday’s message was healing emotional hurts, which always involves forgiveness and to extend trust again. Neal Maxwell, an educator and writer said this, “It is better to trust and sometimes be disappointed than to be forever mistrusting and be right occasionally.” How does God’s healing help us to trust again?

## LIVING OUT “REAL LIFE”

7. Is there someone whom you’ve hurt or who has hurt you? What’s the next step God wants you to take?
  
8. Do you want God to restore you? How might your Real Life Group help you find a place of God’s restoration and renewal?

## 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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