



### Scriptures

- **Psalm 23: 1-3**

<sup>23</sup> The LORD is my shepherd,  
I shall not want.  
<sup>2</sup> He makes me lie down in green pastures;  
He leads me beside quiet waters.  
<sup>3</sup> He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake.

### Other Scriptures

- Matt. 14:13-21;
- Mark 6:33-34
- Luke 9:12-17
- John 6:1-14
- John 10:27-29
- John 15:16,19
- Ex. 16:1-7; 17:1-7
- Philippians 4:19
- Psalm 71:18
- Matt. 11:29-30
- John 20:19
- Romans 8:11
- Malachi 4:2
- Luke 8:43-48; Mark 5:25-34
- Matt. 8:16-17
- Isa. 53:4-5
- 2 Cor. 5:21
- 2 Cor. 1:20

### Main Points

- David, shepherd and man after God's own heart, penned this psalm.
- God wants us to know him personally. (My shepherd)
- If you love Jesus today, you are one of God's sheep and Jesus is your shepherd.
  - He is the God of supply.
  - He is the God of rest.
- Receive the rest that comes from the Lord.



- Jesus knows exactly how to bring you restoration and refreshment right where you're at.
- God's Spirit is a Spirit of life and healing.
- Physical healing is in the atonement.
- Jesus leads us to make the right decision.
- God wants us to develop our confidence in being His righteousness through Christ.
  - Legally and morally right before God.
  - Holy and accepted by God in the Beloved.
- "I am the righteousness of God!"
  - Everything we will ever have need of is provided in Him.

### Discussion Questions

1. Is Jesus your shepherd today? Have you invited Him to that very personal place in your life? If not, talk with Him today and ask Him to be the caretaker of your life.
2. How does knowing that Jesus is your divine Shepherd release you from worry and anxiety about the needs of your life? Write down several things and commit them to the shepherd of your soul. Date them, both today and when they are provided. Perhaps considering about other needs Jesus has met for you and your family will help build your trust that He cares about you in such personal ways.
3. Restoration and refreshment might be a real need for you today. This psalm credits our Good Shepherd for knowing just how to bring that to your life. Are there some action steps you need to take to give God room for this? Ex., Confession of the battles you face, setting aside a special time to read His Word, to pray, and to soak in His promises, providing yourself quiet time for listening for His voice...etc.,
4. Jesus wants to bring healing to your mind, body, and soul. Do you trust Him to do that for you today? Again, jot down some areas that need His healing touch for you and date when they were asked and answered.