

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a

GROWTH
GUIDE

STRESSBUSTERS
PSALM 23

Handout: 05/03/20

Study: 05/10/20

Busting The Stress Of Worry

Few Psalms are as well known as Psalm 23. There is a good chance you have heard someone speak about it before or perhaps you have even memorized parts of it. The words of Psalm 23 may feel familiar to you. When things are familiar we can look past truths that apply to our lives today. We encourage you to take a fresh look at these verses and consider reading this Psalm daily during this sermon series to be reminded of how God cares for you.

Psalm 23 begins with a beautiful metaphor comparing the Lord to a perfect Shepherd and those who follow the Lord to His sheep. Most of us will go through life and not meet someone who’s occupation is a literal shepherd. However, this metaphor would have been well understood in the day in which it was written. Psalm 23 is authored by David, the most famous shepherd in the Bible who later became King of Israel. He knew what a shepherd was from personal experience. And he also knew the Lord to be his perfect Shepherd. This week we look at Psalm 23:1-2.

The starting point for this passage is the acknowledgement that “The Lord is my shepherd” (Psalm 23:1a). It isn’t enough to know this Psalm, you need to know the Shepherd the Psalm is written about. You need to know Jesus. You need to have a relationship with the Lord like David did.

Being compared to sheep isn’t the most flattering thing to be compared to. Sheep aren’t able to provide for themselves, they can’t protect themselves, they need guidance, and they need to be corrected when they wander away. This is why they need a shepherd. One good thing about sheep is that they can recognize their shepherd’s voice. We need to know Jesus as our Shepherd. We need to recognize His voice and listen to Him. And we need to obey Him. In other words, we need to accept Him as our Shepherd and let Him lead us. This is not always easy, but the rest of the Psalm shows us why we need to submit to his leadership in our lives.

Psalm 23:1b simply states “I shall not want.” If you accept Jesus as your Shepherd, He will take care of you. It is a promise. We need to trust Him. He is able to provide, protect, guide, and correct us. For those who follow Jesus, we should have examples of how he has cared for us already. We need to continue to trust Him whether we are in a time of plenty or if we are in a time of tribulation.

Psalm 23:2 gives us a picture for how He cares for us. He gives us rest (He makes me to lie down in green pastures) and He gives us peace (He leads me beside still waters). These are comforting pictures, which are important today. Do you feel tired and worn out? He can give you rest. Are you stressed or facing a trial? He can give you peace. He is able to meet all your needs. He is the Perfect Shepherd. Trust Him.

KEY VERSE

Psalm 23:1 (NKJV)

*“The Lord is my shepherd;
I shall not want.”*

WEEKLY READINGS

Monday: Psalm 23; Psalm 79:13

Introduction

1. How often do you worry? How has the coronavirus impacted your level of worry?
2. Psalm 23 depicts the Lord as our Shepherd. How is He a shepherd to you? In what ways are you like a sheep?

Tuesday: Psalm 23; John 10:14, 27; Romans 10:9

Accept The Lord Jesus As Your Shepherd

3. How does a person accept the Lord as their shepherd?
4. What qualities does Jesus have that make Him someone you want to follow?

Wednesday: Psalm 23; Ezekiel 34:11-16; Philippians 4:19

Trust Your Shepherd To Take Care Of You

5. Is it easy or difficult for you to trust God to take care of you? Why?
6. List some ways that the Lord has taken care of you. How can examples of His care help you to trust Him?

Thursday: Psalm 23; Psalm 4:8; Psalm 121:1-3

Sleep Like A Baby

7. Have you ever needed rest? What happens when sheep lay down in green pastures?
8. Describe a time where the Lord has given you rest during a difficult time.
9. How has your sleep been lately? How is God the source of great sleep?

Friday: Psalm 23; Philippians 4:6-7; I Peter 5:7

Pray About Everything

10. How would you rate your current level of anxiety? How can God replace anxiety with peace?
11. How consistent is your prayer life? How can prayer remove panic from your life?
12. What things do you have to thank God for? Thank Him for all the ways He has been a Great Shepherd to you.