

The Lord Is My Shepherd

Walking with God through Psalm 23



There is no need to rush or to finish every question.
Linger wherever God meets you.

Pause. Let things settle. Ask God what He wants to work on with you. **Listen.**

You can be honest. **God loves you already!**

PSALM 23:1-6 (NIV)

1 The LORD is my shepherd, I lack nothing.

Read Nehemiah 9:9–21. Notice:

- God noticing the suffering of His people and deciding to act
- God moving heaven and earth, performing miracles to rescue them
- God giving them good guidance and decrees for their benefit
- The people rebelling and sinning against God
- God remaining loyal and compassionate to them, providing for them
- Through the desert they lacked nothing

What parts of this connect to your own story?

Write down your own testimony of what God has done for you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- 2 He makes me lie down in green pastures,
he leads me beside quiet waters,
- 3 he refreshes my soul.

What's your relationship with God like right now? Draw a picture with you and your shepherd.



Write down a few phrases to describe what it's like when you've feel safe with God.

**He guides me along the right paths
for his name's sake.**

Are you struggling with what path to take? Ask God what is the righteous path: what path aligns with God's moral ethics for individuals and society? Which decision would bring honor to His name?

Why does your Shepherd lead you? Do you ever feel like it's up to you to be a good enough sheep? Do you feel like you've messed it up or don't deserve God's care? Talk with God about it.

**4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;**

When has God been with you through a dark valley?
Does that give you confidence for the future? Why or why not?

When did you feel disappointed or abandoned by God? Do you still carry that with you?

Do you believe the path He is leading you on is in your best interest? Talk with God about that.

**your rod and your staff,
they comfort me.**

When have you felt unsafe with God, or that you couldn't trust Him?

What was happening, and what counterfeit beliefs about your Shepherd did you pick up?

Draw a picture of what it means to be protected, guided, and comforted by your shepherd.



**5 You prepare a table before me
in the presence of my enemies.**

What's one thing in your life I feel like has stopped God's good plan? Why do you feel that way?

How has God provided for you anyway?

**You anoint my head with oil;
my cup overflows.**

Anointing with oil carries the ideas of healing wounds, celebrating a guest of honor, and God setting someone apart for a special work.

Do you sense God doing any of these in your life? Talk with God about it.

**6 Surely your goodness and love (*chesed*) will follow me
all the days of my life,**

How has God used others to lovingly pursue you?

How might He want to use you to pursue others with His love?

**and I will dwell in the house of the LORD
forever.**

Read Revelation 21:1-5.

How do you feel about being with the Lord forever, praising Him for eternity?

What would it look like for you to join in that praise now?

How does this future hope change the way you face today?

Through this exercise, what have you learned about yourself, your relationship with God, or sensed God saying to you? How will you respond? Write a prayer to God about it.



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