



## LIFE GROUP NOTES

### Psalm 23



#### Key Scriptures

If you have access to a commentary read some background to get context.

### Psalm 23

#### Background

Chris reminded us that this prayer is about 3000 yrs. old and is well known around the world and has often been learned by heart. In the Hebrew it contains just 55 words divided in to THREE distinct parts. The first part (v1-4a) Describe God as He, the middle section of V4 (b) is the transition point. The heart of the prayer.

The final part (v4c-6) describes God as you. A Shift has happened in David's understanding as he realises his relationship with God changes everything.

### Thinking it through: Main discussion/activity

**Read the prayer together**, perhaps a couple of times in different versions.

1. Look at V1-4a reflect on some of the qualities and characteristics and actions of God that David describes.
2. How would you describe the role of a shepherd? Does it describe how God cares for his people?
3. How would you respond to someone whose experience of God is not like David describes in the Psalm? Can you recall what Chris said?
4. Chris explained that the idea of refreshing the soul was actually about "bringing back" to the correct place/path. How does this link with the Gospel?
5. Can you share any experiences where God has "refreshed" your soul?
6. What has been your darkest valley? Did you feel God walking with you?
7. When you walk with God and allow him to lead you, what does God do for you? (v5-6) What does this mean for you personally?
8. God doesn't just follow us; he tracks us down and seeks us out. Is that your experience?
9. When you lock your door and shut the curtains, it can make you feel secure and safe. Look at the last line. How does that make you feel?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.