

## Psalm 23 (NKJV) A Psalm of David

<sup>1</sup> The Lord is my shepherd;  
I shall not want.

<sup>2</sup> He makes me to lie down in green pastures;  
He leads me beside the still waters.

<sup>3</sup> He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.

<sup>4</sup> Yea, though I walk through the valley of the shadow of death,  
I will fear no evil; For You are with me;  
Your rod and Your staff, they comfort me.

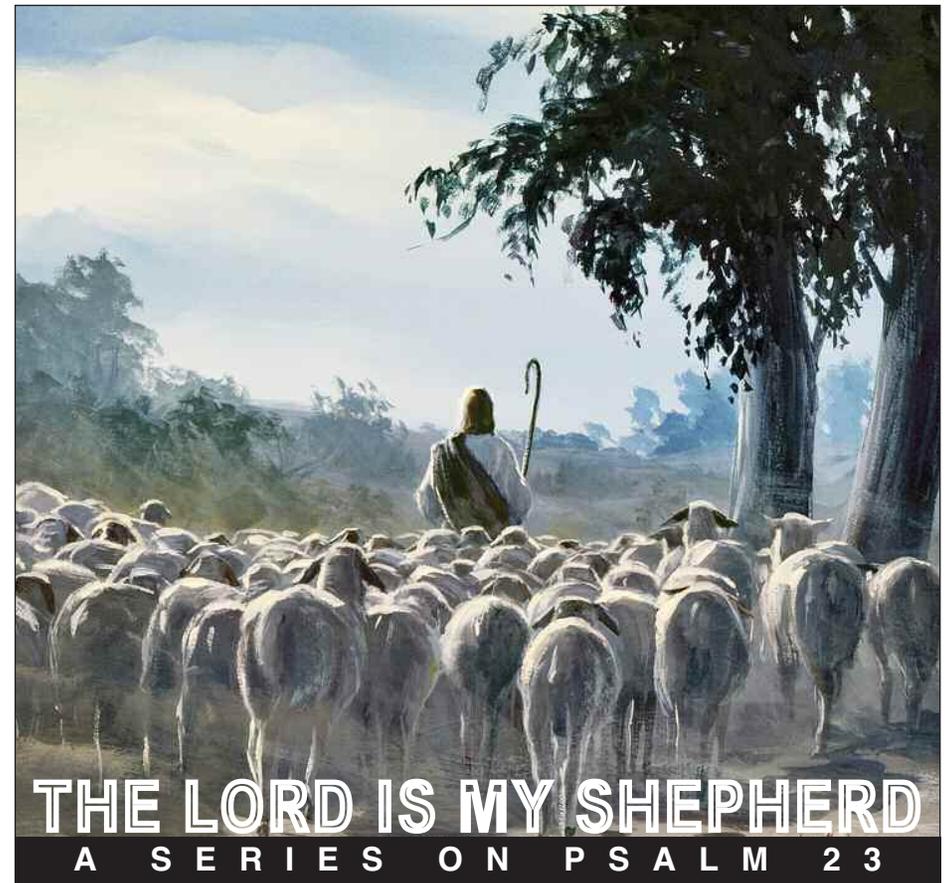
<sup>5</sup> You prepare a table before me in the presence of my enemies;  
You anoint my head with oil;  
My cup runs over.

<sup>6</sup> Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the Lord  
Forever.

### Michel de Montaigne

French Renaissance philosopher  
1533-1592

“My life has been filled with terrible misfortune;  
most of which never happened.”



1. The Lord is My Shepherd

Verse 1

**2. The Lord is my peace**

**Verse 2**

3. The Lord is my strength

Verse 3

4. The Lord is my protection

Verse 4

5. The Lord is my blessing

Verse 5

6. The Lord is my life

Verse 6

## THE LORD IS MY PEACE - Psalm 23:2

Isaiah 53:6 We all like sheep have gone \_\_\_\_\_

Matthew 9:36 When he saw the crowds, he had \_\_\_\_\_

## GOD KNOWS THE STRESSES AND PRESSURES OF MY LIFE - and...

v.2 He makes me to lie down in green pastures

Sheep will not lie down when:

• \_\_\_\_\_

Deut 31:8

• \_\_\_\_\_

John 13:34

• \_\_\_\_\_

Phil 4:6-7

• \_\_\_\_\_

Phil 4:19

God's green pastures:

1.

Hebrew word: חָגַח = hâgâh =

2.

## GOD KNOWS MY LIMITATIONS - and...

v.2 He leads me beside still waters

1. Read Isaiah 53:6. Sheep have a tendency to wander. Can you remember a time when you lost sight of God in your life and wandered away, what was it like? What brought you back?

2. If God is to "lay you down in green pastures", what things would he need to deal with in order to bring that perfect peace and contentment?

How can you let go of those things, and give them to the Lord?

3. There are a number of things in the life of a sheep that will prevent it from lying down in green pastures. Review each one opposite. (Fear; friction in the flock; irritants (flies, parasites etc); hunger. How do they relate to issues in your own life?

The shepherd deals with those things in the life of the sheep, how can he deal with them in your life?

4. When the sheep lie down in green pastures, they "chew the cud". It is the sheep's way of digesting food. In Hebrew it is the same word that is used to "meditate" on the Word of God. What does it mean to meditate on the Word of God?

How will meditating on God - His Word, His blessings and His presence in my life, bring peace?

5. God sometimes will 'make' us lie down, by allowing trials and tribulations into our life - that cause us to "look up." Can you think of a time in your life when you came closer to God because of a difficulty you were going through?

6. The shepherd knows that sheep are nervous of running water, and so makes provision for them, so that they can drink from still water. God knows your limitations too, and meets you where you are at. He will lead you into His peace. What needs to be your response to the shepherd of your soul?