

# Psalm 23 - He Refreshes

Scripture: Psalm 23

Also: John 10:11; Hebrews 4:1-13; John 6:35, 7:37-38

## Discussion Questions

1. What has challenged you, changed you or confused you from this week's sermon or the Scriptures in it?
2. Read Psalm 23:2-3a
  - How was the shepherd's work so vital to the sheep?
  - Why did they need refreshed?
3. In what areas of your life do you need to be refreshed?
  - In some versions, the word "restored" is used; how does that add to your understanding of this verse?
  - What would a person need restored to?
4. Do you ever find yourself running from the true refreshment God offers?
  - If so, where do you go?
  - What triggers that for you?
  - What does it look like to show compassion to others (or yourself) when you choose something besides God's refreshment/restoration?
5. What can you do now to let God lead you to refreshment/restoration in your current setting in life?
6. Finally, how can you daily live in that kind of rhythm?

***May we live this season with a renewed purpose to trust our great Good Shepherd.***