

### 1. Motivate

What sometimes threatens your peace of mind or sense of security?

### 2. Transition

Today we look at Psalm 23 where David talks of things which tended to cause worry.

- He tells us that God's presence provides peace of mind and security.

### 3. Bible Study

A video introduction to the lesson is available. View it at [https://watch.liberty.edu/media/1\\_0a720ay4](https://watch.liberty.edu/media/1_0a720ay4)

#### 3.1 Trust God's Guidance

Listen for the shepherd's tasks.

Psalm 23:1-3 (NIV) The LORD is my shepherd, I shall not be in want. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he restores my soul. He guides me in paths of righteousness for his name's sake.

Why was the metaphor of the Lord as shepherd a fitting one for David to use?

What shepherding functions or tasks are prominent in these verses?

What would following God to "green pastures" and "quiet waters" look like in your life?

David is talking about how he was aware of God's presence with him. Name some ways in which you are *aware* of Christ's constant presence with you.

Some translations say "*makes* me lie down." Why would God force us to rest?

Other translations say "*lets* me lie down." How is this translation just as valid?

David says God restores or renews his soul. What kind of renewal or restoration did God provide for David (and for us)?

1/3/2021

## Overcoming Worry

David spoke of a shepherd and sheep—what metaphor could you use to picture your relationship with the Lord? Finish the phrase, “The Lord is my \_\_\_\_\_”

### 3.2 Trust God’s Presence

Listen how David addresses God personally.

Psalm 23:4-5 (NIV) Even 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. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

What might be the dark time David alluded to in verse 4?

Why was he convinced he had no cause to fear?

What might the rod and staff represent?

What kinds of things *keep* us from recognizing God’s presence?

How can we intentionally enjoy or practice being in God’s presence?

1/3/2021

## Overcoming Worry

### 3.3 Trust God's Goodness

Listen for a view to the future.

Psalm 23:6 (NIV) Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

What is his future hope?

In what ways does this verse suggest the security that comes from being in a relationship with the Lord?

What does it mean to you that God's goodness and love follow or *pursue* you?

What would be better about God pursuing us rather than us pursuing Him?

How can we help each other feel more confident in God's love?

As a believer, how can confidence in your eternal security affect your approach to daily life?

### Application

**Worship.**

- Trust is expressed as you worship, it keeps you focused on Christ.
- Make the decision to actively engage in worship both with your church and in your private devotional life.

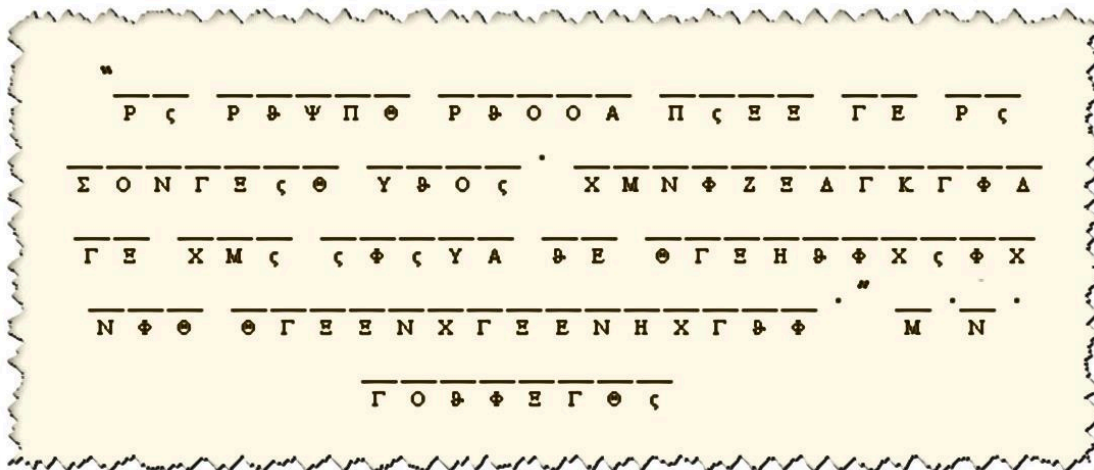
**Study.**

- Identify Bible verses that teach what God says about the issue of depression and sadness in our lives.
- Share them with others.

**Seek help.**

- Do a serious personal evaluation of what causes depression in your life.
- Admit that it is real and it is serious.
- It might be time to talk with a close friend, pastor, or counselor about it.

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