

PRAY 23 | WEEK 2

Date: January 22, 2022

Verses: Psalm 23



SERIES INSIGHT

Living “wide awake” is a posture of our lives. Kicking off the New Year, Pastor Des walks us through what it means to be wide awake as we lean into **Pray 23** - a series all about Psalm 23 and the posture, anthem, and emphasis for Grace in 2023! Are you ready to **Pray 23**?

ICEBREAKER

- What makes you laugh the hardest?
- What is something you are super passionate about?

DISCUSSION QUESTIONS

1. **Review the Message.** Looking back at your notes and upon reflecting on this weekend’s message, what was your one takeaway from Sunday?
2. How have you used, or seen the blessing of Praying Psalm 23 this week?
3. Read the following passage from Psalm 23:2, then take a few moments to sit with it. Read it a few times aloud if needed: *"He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul"*.
 - What things tend to make you weary? How do you deal with weariness?
 - What does it look like to “lie down in green pastures” for you?
 - Worry and anxiety are at record highs. Life is loud, and the water is white/rushing. What is the benefit of being led beside quiet waters? How have you experienced that?
4. Where in your life are you craving quiet/still waters right now? How can you let The Shepherd lead you there?
 - **Leader Note:** *Matthew 6:25-34 is a great supporting passage to consider reading and talking through as you navigate this question together.*
5. Des shared that “A restored soul is the opposite of hopelessness”. What comes to mind when you think of a restored soul? What might it look/feel/sound like? Have you had a time when you felt hopeless?
6. Read Psalm 121. Use it to lead you into a time of sharing & praying for one another.

PRAYER

Allow people to share requests and celebrate any praise reports as well. Consider having someone write down the requests to share with the group. Take time to pray however long your group needs.

RESOURCE

Attached is the **Psalm 23 Posture Card** that Des introduced this weekend as well for your reference.



GRACE
COMMUNITY CHURCH

Connect Card: graceaz.com/connect | Grace App: graceaz.com/app
Events: graceaz.com/events | Church Center App: churchcenter.com/setup

Pray 23

Psalm 23

SUNDAY

The Lord is my shepherd, I shall not be in want.

MONDAY

He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

TUESDAY

He leads me in paths of righteousness for his name's sake.

WEDNESDAY

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.

THURSDAY

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

FRIDAY

You anoint my head with oil; my cup overflows.

SATURDAY

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.