

Psalms in the Summer
Psalm 23 *God's Antidote for Anxiety...*
A Good Shepherd, A Great Party, & An Unbelievable Promise!
Study questions for the week of June 14 to 20

Getting Started

When you think about the past few years, what has caused you the most anxiety and stress? What has sometimes threatened your peace of mind or sense of security? How have you seen others deal with anxiety, stress and worry?

Digging Deep

Read through Psalm 23 together as a group.

1. What mental pictures does David use to describe the Lord and his relationship with him?
2. How does the Lord provide for His people according to this Psalm?
3. In what ways does God "restore our souls"?
4. What do you think were David's biggest fears? (see also II Samuel 15:1-17)
5. What do you feel gave David the confidence to face dark times? (v.4)
6. How far do you believe the guidance and protection of the Lord extends for His people? Give some personal examples.
7. What do you think David meant when he said that his cup overflowed? (v.5)
8. What can you do to celebrate God's goodness and provision?
9. How can you practically follow David's example in dealing with your fears?
10. What do you feel hinders some people from believing the promise in v.6?
11. How does this passage encourage you to face anxiety, stress, and worry?