

SECTION I: Facing our Pain (weeks 1-3)

Week 1 - Shepherds

The Lord is my shepherd, I lack nothing. Psalm 23:1

We have a shepherd who cares for us deeply, and He has provided others to help shepherd us here on Earth. Sometimes those shepherds are incredible and follow our Father's heart, and sometimes they do not. Take time today to reflect on the shepherds that have helped guide you.

- Identify the people who have been your shepherds (parents, spouse, teachers, coaches, church leaders, authority figures)?
- Who has been a good shepherd in your life? What did they do or say that conveyed care for you?
- Take a minute in prayer and ask the Lord to reveal to you a shepherd who led you poorly.
 - What thoughts come to mind as you think about this person? What emotions do you experience?
 - When you think about this person, what are the ways you wish they would have led you differently?
- How do you see your past experience of this shepherd affecting (leaking into) your current life? (How does this affect your relationships with spouse, children, your trust of others, expectations, etc)

** If you identify multiple shepherds that caused hurt, pray and walk-through questions 3-4 for each..*

Take time in prayer to acknowledge those shepherds that didn't follow Jesus' example as a good shepherd (See John 10:11-18). Share that pain with Christ, allowing yourself to grieve. God knows your pain.