


Week 2- Environments (Home, Work, Church, School)

He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Psalm 23:2-3

Our shepherd provides an environment that allows His sheep to rest, but many of us have lived in environments that are anything but restful. Sometimes actually inflict damage. Take time today to reflect on the environments you have been a part of.

- Identify a place where you experienced quiet waters and refreshment, i.e., a place where you felt safe and at peace.
 - What about that environment made you feel this way?
- Take a minute in prayer and ask the Lord to reveal an environment or place where you felt a lack of safety and peace. What was different about this environment?
 - What feelings did you experience, and how did you respond in this environment? (You might have felt fear, discouragement, or anxiety, and maybe you responded with control, or by hiding, etc.)
 - Ask the Lord to reveal to you why this environment was stressful for you.
- How do you see your response to this environment affecting (leaking into) your daily life?
 - How does this affect your relationships with friends, family, coworkers, etc.?



Many of us have experienced environments that were dysfunctional and brought pain. Take a moment to lay that at Christ's feet, acknowledging the damage, hurt, bad habits and coping mechanisms it's created in you. God sees your pain. Psalm 139:23-24