

A time of Reflection, Refreshment, and Renewal from Psalm 23

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All Bible quotes: New International Version unless otherwise stated

SESSION 1

THE LORD IS MY SHEPHERD

Psalm 23:1 "A psalm of David. The Lord is my shepherd; I shall not be in want."

1 Tim 2:14 And Adam was not the one deceived; it was the woman who was deceived and became a sinner.

DECEIVED apatao, ap-at-ah'-o; to cheat or delude

Rom 8:32 He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things?

Jer 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

2 Peter 1:3 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness."

John 10:3-5 "The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice But they will never follow a stranger. In fact, they will run away from him because they do not recognize a stranger's voice."

SESSION 2

HE MAKES ME LIE DOWN IN GREEN PASTURES

Heb 3:19 -- 4:16 "Diligently seek to enter into His rest"

Heb 4:1-2 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard... did not combine it with faith.

1 Thes 3:12-4:1 "Make it your ambition to be pleasing to God....."

Heb 10:18-23 And where these have been forgiven, there is no longer any sacrifice for sin. 19 Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Heb 11:6 without faith it is impossible to please God

Matthew 11:28-30 "Come to Me, all you who are weary and heavy laden and I will give you rest, take My yoke upon you, and learn from Me for I am gentle and humble in heart, and you will find rest for your souls, for My yoke is easy and my burden is light"

Psalm 119:176 "I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands."

2 Pet 1:3 "His divine power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness."

Prov 16:25 "There is a way that seems right to a man, but in the end it leads to death."

SESSION 3

HE RESTORES MY SOUL

RESTORE huwb, shoob; to turn back

Psa 62:1 A psalm of David. "My soul finds rest in God alone; my salvation comes from him."

Psa 119:176 "I have strayed like a lost sheep Seek your servant, for I have not forgotten your commands"

Isa 30:15 For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Mat 11:28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Jeremiah 32:38 -41 "They will be my people, and I will be their God.

I will give them singleness of heart and action, so that they will always fear me for their own good and the good of their children after them. I will make an everlasting covenant with them: I will never stop doing good to them, and I will inspire them to fear me, so that they will never turn away from me.

I will rejoice in doing them good and will assuredly plant them in this land with all my heart and soul."

Psalm 62:1 "My soul finds rest in God alone, my salvation comes from Him"

Psa 19:7 The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple.

SESSION 4 & 5

HE LEADS ME IN THE PATHS OF RIGHTEOUSNESS

Deu 8:2-3 Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands.

Prov 3:5 -7 Trust in the LORD with all your heart, And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight. Do not be wise in your own eyes; Fear the LORD and turn away from evil.

Rom 12:1-2 I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.

Psa 143:8-10 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O LORD, from mine enemies: I flee unto thee to hide me. Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.

"EVEN THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH I WILL FEAR NO EVIL FOR THOU ART WITH ME

Ps 138:7,8 "Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foe with your right hand you save me. The LORD will fulfill his purpose for me; your love, O LORD, endures forever-- do not abandon the works of your hand"

I WILL DWELL IN THE HOUSE OF THE LORD FOREVER

2 Tim 4:18 The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever.

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