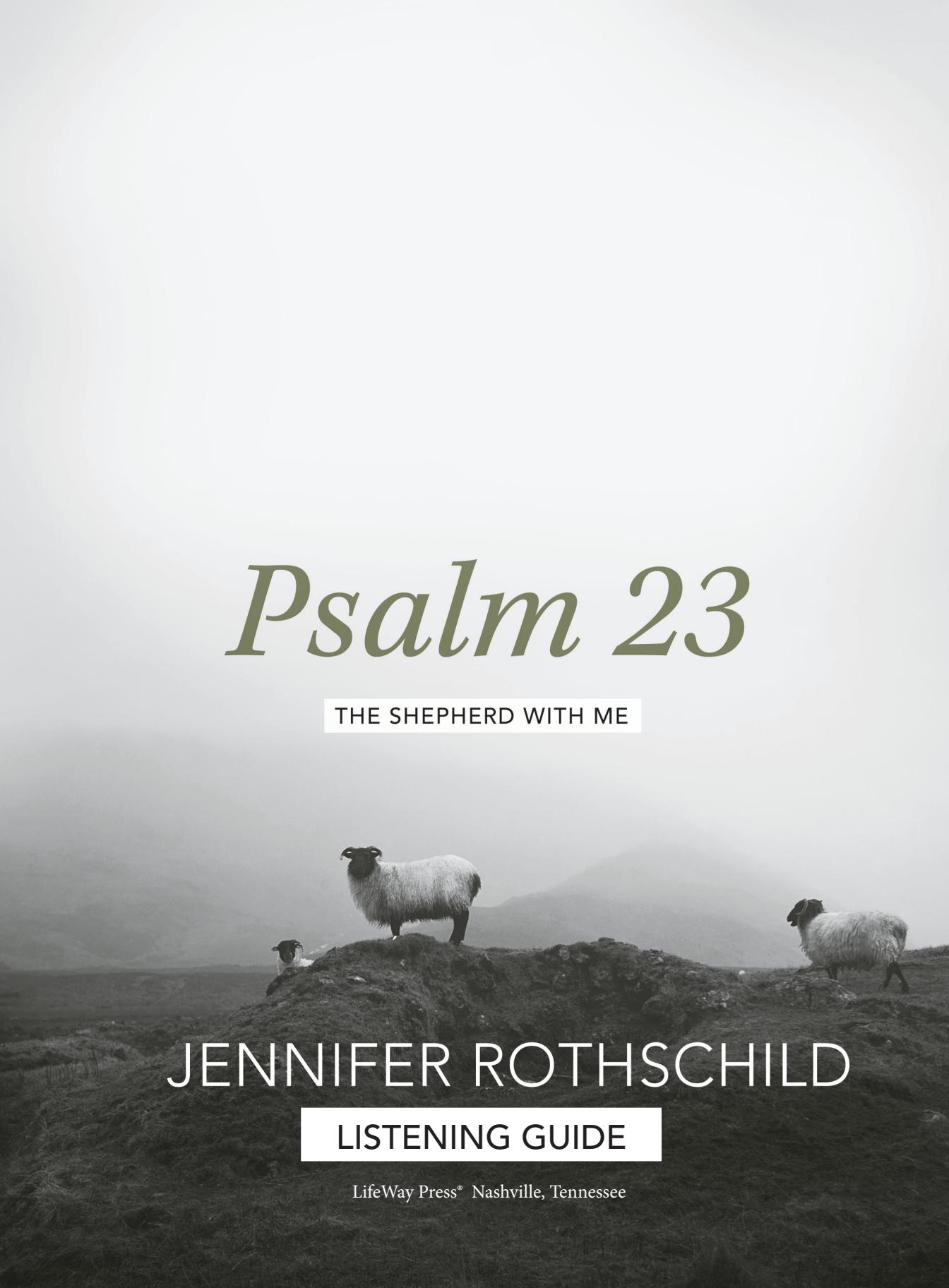


# *Psalm 23*

THE SHEPHERD WITH ME



JENNIFER ROTHSCHILD

LISTENING GUIDE

LifeWay Press® Nashville, Tennessee

## GROUP SESSION 1

Rather than a formal leader guide in the back, we've provided what we hope is a simple and functional group plan on these pages with an additional word to leaders in the back. Each week will begin with a two-page group guide like this. I suggest that you divide your group time into three parts: 1. Welcome and prayer; 2. Watch the video; 3. Group discussion of the personal study for the past week and the video you've just watched.

The session guide for this first meeting is for us to get to know each other. Then we'll each go do our personal study. (It will be fun, I promise.) Each day, plan to spend a few minutes with that day's study. Don't worry if some days you don't get it all. This isn't a race, and you can come back later. When we meet next group session, we'll have this week's study to discuss. Now let's get to know each other, and I'll join you by way of video.

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### BEFORE THE VIDEO

#### *Welcome and Prayer*

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#### VIDEO NOTES

David, the shepherd who became a king, wrote this psalm about the King who was his \_\_\_\_\_.

Most scholars believe David wrote Psalm 23 when he was \_\_\_\_\_.

Psalm 23 was written because we are like \_\_\_\_\_ and \_\_\_\_\_ need a \_\_\_\_\_.

David knew in every season he was \_\_\_\_\_ with his Shepherd.

It is with our Shepherd where we \_\_\_\_\_ our \_\_\_\_\_.

### *Four Fears Jesus Knows We May Have*

1. We may not fear death itself because of our faith, but we still can \_\_\_\_\_ the \_\_\_\_\_. We may fear people who \_\_\_\_\_ us.
2. We may fear being \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
3. We may fear we won't have \_\_\_\_\_ \_\_\_\_\_. We may worry about \_\_\_\_\_ things.
4. We may fear we are not \_\_\_\_\_ and \_\_\_\_\_ by God. God's goodness toward us has \_\_\_\_\_ to do with our greatness.

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### CONVERSATION GUIDE

#### *Video 1 and Getting to Know Each Other*

What is one thing you want this group to know about you?

What drew you to this study of Psalm 23?

What emotions, memories, or thoughts come to mind when you read Psalm 23?

Are there times in your life when you don't feel safe, physically or emotionally? Explain.

Do you currently feel safe with your Shepherd? Why or why not?

What do you hope to gain from this study?

Would you like to read my written summary of this video teaching? Just go to [JenniferRothschild.com/Psalm23](http://JenniferRothschild.com/Psalm23).

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David, the shepherd who became a king, wrote this psalm about the King who was his Shepherd.

Most scholars believe David wrote Psalm 23 when he was older.

Psalm 23 was written because we are like sheep and sheep need a shepherd.

David knew in every season he was safe with his Shepherd.

It is with our Shepherd where we find our safety.

### *Four Fears Jesus Knows We May Have*

1. We may not fear death itself because of our faith, but we still can fear the process. We may fear people who hurt us.
2. We may fear being abandoned, inadequate, or ashamed.
3. We may fear we won't have basic provisions. We may worry about physical things.
4. We may fear we are not loved and accepted by God.

God's goodness toward us has nothing to do with our greatness.

### CONVERSATION GUIDE

#### *Video 1 and Getting to Know Each Other*

What is one thing you want this group to know about you?

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## GROUP SESSION 2

### BEFORE THE VIDEO

#### Welcome and Prayer

#### VIDEO NOTES

Verse one of Psalm 23 is David's \_\_\_\_\_.

The early church embraced the idea of God as our \_\_\_\_\_.

The shepherd is both \_\_\_\_\_ and \_\_\_\_\_. The shepherd is \_\_\_\_\_ and \_\_\_\_\_. The shepherd not only \_\_\_\_\_ his sheep. He \_\_\_\_\_ his sheep.

#### Things We Know About Sheep

1. Sheep are easily \_\_\_\_\_.

2. Sheep are \_\_\_\_\_.

3. Sheep are \_\_\_\_\_.

Our Shepherd is the \_\_\_\_\_ of \_\_\_\_\_.

Our Shepherd not only \_\_\_\_\_ us the \_\_\_\_\_. Our Shepherd \_\_\_\_\_ the \_\_\_\_\_.

#### Three Reasons Why We May Feel Lack

1. We misunderstand our \_\_\_\_\_.

2. We \_\_\_\_\_ the \_\_\_\_\_.

- The thing that we wish God would take away could be the very thing He is using to \_\_\_\_\_ our \_\_\_\_\_.

3. We mistake the \_\_\_\_\_.

### CONVERSATION GUIDE

#### Video 2

**DAY 1:** What characteristic of God is most meaningful to you? Why?

What is comforting and encouraging to you about God being your Shepherd?

**DAY 2:** How do you experience the Shepherd's care on a daily basis?

**DAY 3:** How are you most like a sheep?

Is it difficult for you to recognize your true nature and admit your true needs? Explain.

**DAY 4:** Are you content? Why or why not?

How does what we lack and what we think we lack drive the way we live our lives and relate to Christ?

What adjectives identify you?

How can our strengths keep us lacking what we need most?

**DAY 5:** Share some highlights from your Green Pasture Day.

What is one significant truth you take away from this week of study?

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## GROUP SESSION 2

### BEFORE THE VIDEO

#### Welcome and Prayer

### VIDEO NOTES

Verse one of Psalm 23 is David's thesis statement.

The early church embraced the idea of God as our Shepherd.

The shepherd is both strong and gentle. The shepherd is authoritative and attentive. The shepherd not only cares about his sheep. He cares for his sheep.

#### Things We Know About Sheep

1. Sheep are easily rattled.

2. Sheep are followers.

3. Sheep are vulnerable.

Our Shepherd is the Prince of Peace.

Our Shepherd not only shows us the way. Our Shepherd is the Way.

#### Three Reasons Why We May Feel Lack

1. We misunderstand our own needs.

2. We misinterpret the packaging.

- The thing that we wish God would take away could be the very thing He is using to supply our needs.

3. We mistake the messenger.

### CONVERSATION GUIDE

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**DAY 1:** What characteristic of God is most meaningful to you? Why?  
What is comforting and encouraging to you about God being your Shepherd?

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Is it difficult for you to recognize your true nature and admit your true needs?  
Explain.

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## GROUP SESSION 3

### BEFORE THE VIDEO

#### Welcome and Prayer

### VIDEO NOTES

Our Shepherd, who supplies all our needs, knows that we need \_\_\_\_\_.

#### Four Things Sheep Require to Rest

1. Sheep must be free from \_\_\_\_\_.

2. Sheep must be free from \_\_\_\_\_.

3. Sheep must be free from \_\_\_\_\_.

4. Sheep must be free from \_\_\_\_\_.<sup>1</sup>

#### Verbs in Psalm 23:2

1. He \_\_\_\_\_ us lie down.

• “He makes me lie down” can also be interpreted as “He \_\_\_\_\_ me down.”

• We don’t get what we need because there is so much that we \_\_\_\_\_.

• If you don’t pause, you don’t receive \_\_\_\_\_.

• Psalm 23:2 is about God’s \_\_\_\_\_ and our \_\_\_\_\_ to His authority.

2. He \_\_\_\_\_ us.

• We don’t need to look for \_\_\_\_\_, \_\_\_\_\_. We only need to look to the Shepherd, and He \_\_\_\_\_ us to the still waters.

### When We Position Ourselves Under Our Shepherd’s Authority:

R      He \_\_\_\_\_ our fear.

E      He \_\_\_\_\_ our friction.

S      He \_\_\_\_\_ our distractions.

T      “\_\_\_\_\_ and see that the LORD is good” (Psalm 34:8).

### CONVERSATION GUIDE

#### Video 3

**DAY 1:** In what situations do you find it difficult to rest?

What is your favorite “safe” Scripture? Why?

Does being safe with the Shepherd mean you’ll never face difficulty? If not, what does it mean?

**DAY 2:** Do you spend more time looking for green pastures than you do looking to your Shepherd? Explain.

What is the link between our surrender to God and the rest we receive from God? How does sticking with the flock keep us from being deceived?

**DAY 3:** What are some of your Green Pasture Pleasures and Green Pasture Practices?

**DAY 4:** How difficult is it for you to be still? Explain.

What is one intentional choice you need to make to help you get to those still waters more often?

**DAY 5:** Share some of the highlights from your Green Pasture Day.

What is one significant truth you take away from this week of study?

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## GROUP SESSION 3

### BEFORE THE VIDEO

#### Welcome and Prayer

### VIDEO NOTES

Our Shepherd, who supplies all our needs, knows that we need rest.

#### Four Things Sheep Require to Rest

1. Sheep must be free from fear.
2. Sheep must be free from friction.
3. Sheep must be free from distractions.
4. Sheep must be free from hunger.<sup>1</sup>

#### Verbs in Psalm 23:2

1. He makes us lie down.
  - “He makes me lie down” can also be interpreted as “He settles me down.”
  - We don’t get what we need because there is so much that we want.
  - If you don’t pause, you don’t receive peace.
  - Psalm 23:2 is about God’s authority and our response to His authority.
2. He leads us.
  - We don’t need to look for still waters. We only need to look to the Shepherd, and He leads us to the still waters.

### When We Position Ourselves Under Our Shepherd’s Authority:

- R      He removes our fear.
- E      He eliminates our friction.
- S      He simplifies our distractions.
- T      “Taste and see that the LORD is good” (Psalm 34:8).

### CONVERSATION GUIDE

#### Video 3

- DAY 1:** In what situations do you find it difficult to rest?  
What is your favorite “safe” Scripture? Why?  
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## GROUP SESSION 4

### BEFORE THE VIDEO

#### Welcome and Prayer

### VIDEO NOTES

"A path of righteousness is a right path followed with the \_\_\_\_\_ attitude."<sup>5</sup>  
—John Piper

We all travel different paths; but we all have the same destination—\_\_\_\_\_.

#### *Three Things Our Paths Have in Common*

1. We have the same on-ramp, which is \_\_\_\_\_.

- Psalm 23:3 is referring to being \_\_\_\_\_ through grace.
- *Being restored* means to literally “bring us \_\_\_\_\_.”
- Every time we \_\_\_\_\_, He rescues us.
- God restores us to our true \_\_\_\_\_.

2. Our paths are for our \_\_\_\_\_.

- We can be on the right path and it can feel \_\_\_\_\_.

#### RIGHT PATHS CAN FEEL WRONG BECAUSE

A. We are in the HOV lane. The path may be stressful and feel wrong. But if God put you on the path, it has \_\_\_\_\_.

B. We are stuck in traffic. Suddenly we can feel \_\_\_\_\_ and question our path.

- We can feel like our path is suddenly \_\_\_\_\_.

C. We are on the shoulder. \_\_\_\_\_ life happens.

- Be patient because your path is for your \_\_\_\_\_.

3. The destination is \_\_\_\_\_.

- Whatever brings God glory will \_\_\_\_\_ us \_\_\_\_\_.

The condition of the sheep is a reflection of the shepherd's \_\_\_\_\_.

Where you are right now may \_\_\_\_\_ but that doesn't mean it's \_\_\_\_\_.

### CONVERSATION GUIDE

#### *Video 4*

**DAY 1:** Do you belong to the Shepherd? Share your story of how you came to your faith relationship with Christ.

How has God restored your soul after a situation or season of rebellion?

**DAY 2:** How have you experienced the Shepherd's guidance in the past?

What are some things or people you look to for guidance instead of the Shepherd?  
Why do we so easily turn to these guides?  
What situation are you presently facing in which you desperately need His guidance?

**DAY 3:** How attuned are you to the Shepherd's voice? What keeps you from hearing Him clearly?

When have you found yourself on the right path but with the wrong attitude?  
How does staying in the Word help you stay in His will? Share some specific examples.

**DAY 4:** How has God led you for His name's sake? What has brought Him glory along your path?

**DAY 5:** Share some of the highlights from your Green Pasture Day.  
What is one significant truth you take away from this week of study?

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# GROUP SESSION 4

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

"A path of righteousness is a right path followed with the right attitude."<sup>5</sup>

—John Piper

We all travel different paths; but we all have the same destination—God's glory.

### Three Things Our Paths Have in Common

1. We have the same on-ramp, which is grace.

- Psalm 23:3 is referring to being restored through grace.
- Being restored means to literally "bring us back."
- Every time we wander, He rescues us.
- God restores us to our true identity.

2. Our paths are for our good.

- We can be on the right path and it can feel wrong.

### RIGHT PATHS CAN FEEL WRONG BECAUSE

A. We are in the HOV lane. The path may be stressful and feel wrong. But if God put you on the path, it has purpose.

B. We are stuck in traffic. Suddenly we can feel stuck and question our path.

- We can feel like our path is suddenly pointless.

C. We are on the shoulder. Suddenly life happens.

- Be patient because your path is for your good.

3. The destination is God's glory.

- Whatever brings God glory will bring us good.

The condition of the sheep is a reflection of the shepherd's character.

Where you are right now may feel wrong but that doesn't mean it's not right.

## CONVERSATION GUIDE

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## GROUP SESSION 5

### BEFORE THE VIDEO

#### Welcome and Prayer

### VIDEO NOTES

#### Three Valleys We Go Through

1. The Valley of Baca represents weeping, \_\_\_\_\_, and sadness.

#### TWO THINGS YOU CAN DO WHEN YOU ARE IN THE VALLEY OF BACA

1. Make the Lord your \_\_\_\_\_.

When we are not honest, our Valley of Baca will be a lot \_\_\_\_\_ and last a lot \_\_\_\_\_.

2. Set your heart on \_\_\_\_\_.

When you are passing through the Valley of Baca, hold onto your \_\_\_\_\_, take one step at a \_\_\_\_\_, and \_\_\_\_\_.

2. The Valley of Elah is the valley of \_\_\_\_\_.

• Battles rarely \_\_\_\_\_. Most often they \_\_\_\_\_ up.

• When we are in the valley of battle, we can forget who the real \_\_\_\_\_ is.

• Every battle we \_\_\_\_\_ belongs to the Lord.

• When you are in the valley, you need to \_\_\_\_\_.

3. The Valley of Achor

• The Valley of Achor is a place of deep \_\_\_\_\_ and often a place of \_\_\_\_\_.

• If you are in the Valley of Achor, when you look for the \_\_\_\_\_ of \_\_\_\_\_, everything will change.

- When you are in the Valley of Achor, you can become a door of hope for \_\_\_\_\_.

### CONVERSATION GUIDE

#### Video 5

**DAY 1:** What are some valleys that you have personally faced over the last few years? What was your experience of walking through these valleys? Was it just a passage or did you camp out in the valley?

**DAY 2:** How did you deal with fear during your time in the valley? On a scale of 1-10, with 1 being *Consumed by Fear* and 10 being *Walked by Faith*, how would you rank yourself? Explain your ranking. Share with the group your “Fear Not” proclamation.

**DAY 3:** What are some of the reasons not to be afraid that you wrote on your valley wall? How did you experience the Lord’s presence in your valley season? How did His presence become more personal during that time?

**DAY 4:** How did God comfort you during your valley experience? How are you doing at comforting those sisters around you who are walking through the valley? Who do you know that needs to be comforted and encouraged? What will you do to minister to them?

**DAY 5:** Share some of the highlights from your Green Pasture Day. What is one significant truth you take away from this week of study?

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# GROUP SESSION 5

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

### Three Valleys We Go Through

1. The Valley of Baca represents weeping, grief, and sadness.

#### TWO THINGS YOU CAN DO WHEN YOU ARE IN THE VALLEY OF BACA

1. Make the Lord your strength.

When we are not honest, our Valley of Baca will be a lot darker and last a lot longer.

2. Set your heart on pilgrimage.

When you are passing through the Valley of Baca, hold onto your people, take one step at a time, and sing.

2. The Valley of Elah is the valley of battle.

• Battles rarely erupt. Most often they build up.

• When we are in the valley of battle, we can forget who the real enemy is.

• Every battle we face belongs to the Lord.

• When you are in the valley, you need to stand still.

3. The Valley of Achor

• The Valley of Achor is a place of deep trouble and often a place of shame.

• If you are in the Valley of Achor, when you look for the door of hope, everything will change.

- When you are in the Valley of Achor, you can become a door of hope for someone else.

## CONVERSATION GUIDE

### Video 5

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# GROUP SESSION 6

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

In Hebrew *lo* is a negation meaning “\_\_\_\_\_.”

*Debar* can be translated as “\_\_\_\_\_” or “\_\_\_\_\_. *Debar* means “\_\_\_\_\_ of \_\_\_\_\_.”

### Two Things That Will Occur at Our King's Table

1. \_\_\_\_\_

2. \_\_\_\_\_

Our Shepherd King saves a seat for us at the table, and He says, “\_\_\_\_\_! ”

God prepares a place for us at His table. And He chooses to \_\_\_\_\_ with us and \_\_\_\_\_ us for Jesus' sake.

The Hebrew meaning for *anointed* is “to be \_\_\_\_\_.”

When the King's table was being served, there was never an \_\_\_\_\_ cup.

Many of us need to learn to \_\_\_\_\_ all that God wants to give us.

The Hebrew meaning of *overflow* is “\_\_\_\_\_.”

Everything your Shepherd wants to give you, you then can have the opportunity to give to \_\_\_\_\_.

## CONVERSATION GUIDE

### Video 6

**DAY 1:** What are some of your favorite table time experiences with friends and family?

What made them so special?

How do you see God's “table” evident in your life?

Share some of the “sightings” (provision, protection, presence, pleasure) you experienced this week.

**DAY 2:** Do you ever peg people as your enemies, losing sight of who the real enemy is?

Explain.

How does the enemy attack you? Where are you most vulnerable to his attacks?

How have you seen the Lord work powerfully to give you victory over the enemy?

**DAY 3:** How has the Shepherd King set you apart and consecrated you?

Where have you seen the Holy Spirit's work in your life?

**DAY 4:** How is God causing your cup to overflow with love, joy, and thanksgiving? And

how are you seeing that splash over onto the people you interact with?

**DAY 5:** Share some of the highlights from your Green Pasture Day.

What is one significant truth you take away from this week of study?

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# GROUP SESSION 6

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

In Hebrew *lo* is a negation meaning “without.”

*Debar* can be translated as “pasture” or “word.” *Debar* means “Word of God.”

### Two Things That Will Occur at Our King’s Table

#### 1. Association

#### 2. Honor

Our Shepherd King saves a seat for us at the table, and He says, “She’s mine!”

God prepares a place for us at His table. And He chooses to associate with us and honor us for Jesus’ sake.

The Hebrew meaning for *anointed* is “to be made fat.”

When the King’s table was being served, there was never an empty cup.

Many of us need to learn to humbly receive all that God wants to give us.

The Hebrew meaning of *overflow* is “saturation.”

Everything your Shepherd wants to give you, you then can have the opportunity to give to others.

## CONVERSATION GUIDE

### Video 6

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# GROUP SESSION 7

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

In every verse of Psalm 23, we see the \_\_\_\_\_ of \_\_\_\_\_.

### The Names of God in Psalm 23

Verse 1 The LORD is my shepherd;  
I shall not want.

*Jehovah-Jireh* (the LORD, our \_\_\_\_\_)

Verse 2 He makes me to lie down in green pastures;  
He leads me beside the still waters.

*Jehovah-Shalom* (the LORD, my \_\_\_\_\_)

Verse 3 He restores my soul;  
*Jehovah-Rophe* (the LORD, my \_\_\_\_\_)

He leads me in the paths of righteousness  
For His name's sake.  
*Jehovah-Tsidkenu* (the LORD, my \_\_\_\_\_)

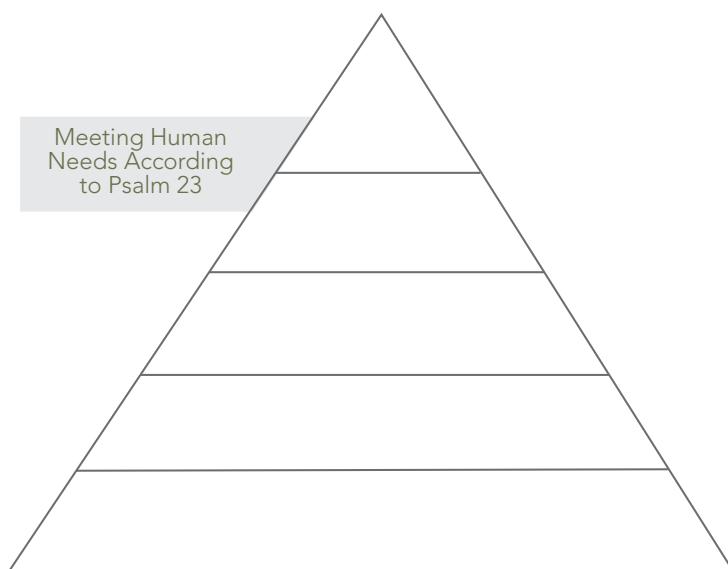
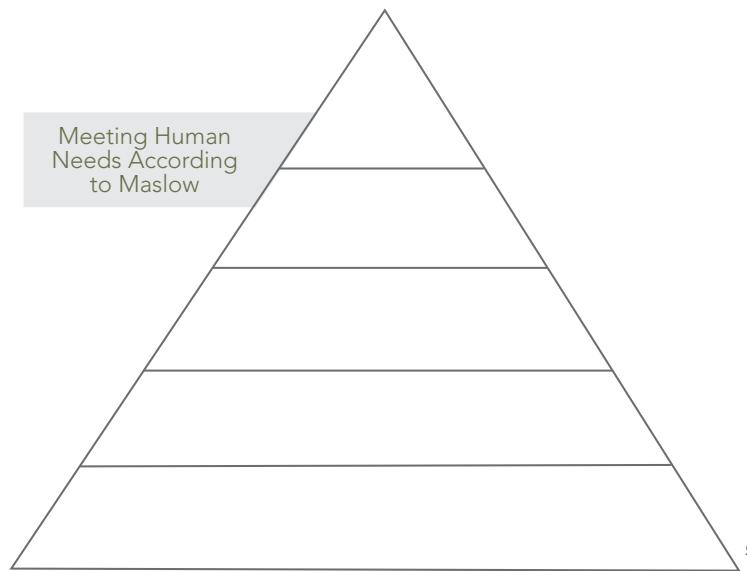
Verse 4 Yea, though I walk through the valley of the shadow of death,  
I will fear no evil;  
For You are with me;  
Your rod and Your staff, they comfort me.  
*Jehovah-Shama* (the LORD is \_\_\_\_\_.)

Verse 5 You prepare a table before me in the presence of my enemies;  
*Jehovah-Nissi* (the LORD, our \_\_\_\_\_)<sup>3</sup>

You anoint my head with oil;  
My cup runs over.  
*Jehovah-Manah* (the LORD, our \_\_\_\_\_)

Verse 6 Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the LORD  
Forever.

*Jehovah-Cheleq* (the LORD, our \_\_\_\_\_)<sup>4</sup>



# GROUP SESSION 7

## BEFORE THE VIDEO

### Welcome and Prayer

## VIDEO NOTES

In every verse of Psalm 23, we see the names of God.

### The Names of God in Psalm 23

Verse 1 The LORD is my shepherd;  
I shall not want.

*Jehovah-Jireh* (the LORD, our provider)

Verse 2 He makes me to lie down in green pastures;  
He leads me beside the still waters.  
*Jehovah-Shalom* (the LORD, my peace)

Verse 3 He restores my soul;  
*Jehovah-Rophe* (the LORD, my healer)

He leads me in the paths of righteousness  
For His name's sake.

*Jehovah-Tsidkenu* (the LORD, my righteousness)

Verse 4 Yea, 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.  
*Jehovah-Shama* (the LORD is present)

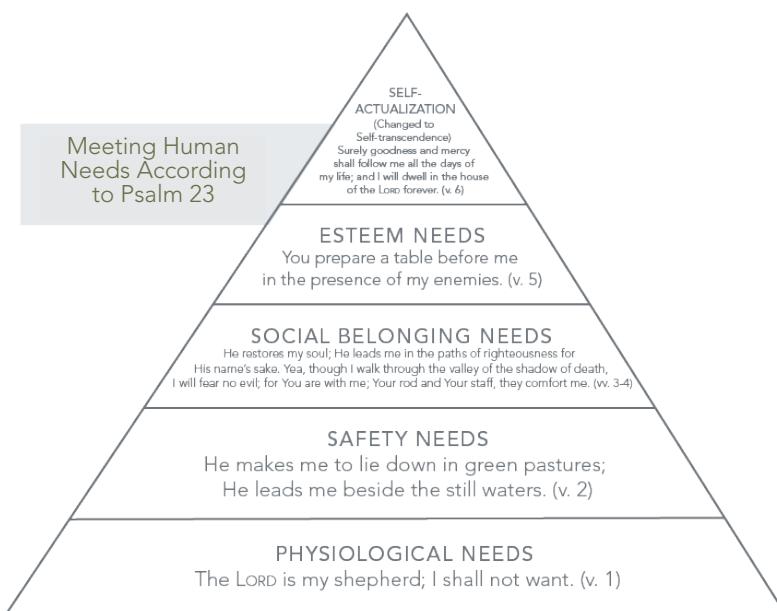
Verse 5 You prepare a table before me in the presence of my enemies;  
*Jehovah-Nissi* (the LORD, our victory)<sup>3</sup>

You anoint my head with oil;  
My cup runs over.

*Jehovah-Manah* (the LORD, our portion)

Verse 6 Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the LORD  
Forever.

*Jehovah-Cheleq* (the LORD, our inheritance)<sup>4</sup>



God doesn't just \_\_\_\_\_ us mercy. He \_\_\_\_\_ mercy to us.

When we allow ourselves to get "caught" by goodness and mercy, it will change how we \_\_\_\_\_.

#### GOODNESS GRABBERS

- \_\_\_\_\_ is never a bad choice.
- Earth is short. \_\_\_\_\_ is long.

When we allow ourselves to get "caught" by goodness and mercy, it's going to change what we \_\_\_\_\_.

When we are in a relationship, we will do one of four things:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_<sup>6</sup>

"The house of the LORD" is \_\_\_\_\_ (Ps. 23:6).

#### CONVERSATION GUIDE

##### Video 7

**DAY 1:** What seems to have followed you most of your days, goodness and mercy or shame and guilt? Explain.

How do you keep shame and guilt from being your constant companions?

**DAY 2:** How have you seen God's goodness in your life in a not-so-good season?

Do you truly believe God works all things for good? Why or why not? How have you seen that already take place in your life or the lives of those around you?

**DAY 3:** Share the details of your Psalm 23 storyboard.

What conclusions, challenges, or encouragement do you draw from your storyboard?

**DAY 4:** Do you ever think about heaven? Explain.

What does it mean to dwell in the house of the Lord? How are you presently doing that?

**DAY 5:** Share some of the highlights from your Green Pasture Day.

What is one significant truth you take away from this week of study?

Do you want to get a summary of my last video teaching?  
Go to [JenniferRothschild.com/Psalm23](http://JenniferRothschild.com/Psalm23).

God doesn't just show us mercy. He is mercy to us.

When we allow ourselves to get "caught" by goodness and mercy, it will change how we live.

#### GOODNESS GRABBERS

- Generosity is never a bad choice.

- Earth is short. Heaven is long.

When we allow ourselves to get "caught" by goodness and mercy, it's going to change what we leave.

When we are in a relationship, we will do one of four things:

1. Add
2. Subtract
3. Multiply
4. Divide<sup>6</sup>

"The house of the LORD" is heaven (Ps. 23:6).

#### CONVERSATION GUIDE

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