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.

BEFORE THE VIDEO

Welcome and Prayer

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.

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?

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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.

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BEFORE THE VIDEO
Welcome and Prayer

VIDEO NOTES

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?

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.

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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 ____________.
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

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.

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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?
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 _________________.

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.

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? 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?

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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.”
—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.”
—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.

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
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 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.

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?

I bet you know someone who would be encouraged by this video teaching. Get my written summary of this message at JenniferRothschild.com/Psalm23.
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

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?

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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

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 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 __________)
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 __________)
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)
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)
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. __________

“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?
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#PSALM23STUDY
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?

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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?

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

“The house of the Lord” is heaven (Ps. 23:6).