



BESIDE STILL WATERS

GET TALKING

- Where do you fall on a rest to work scale? Are you the type of person who tends more toward staying busy all the time, or do you gravitate toward plenty of down time?
- What kinds of things help you feel rested?

MESSAGE HIGHLIGHTS

- Rest - This is God's Care Station. Will you be led? Will you go to the green pastures and quiet waters? Can you slow down? Can you take a sabbath?
- Compass - Are you aiming at the glory of God? Or, are you using God to get a good life?
- Application: We work hard, we rest well, we live to glorify God.

DISCUSSION QUESTIONS (choose 2 or 3)

1. When you think of our souls, what words come to mind? What do our souls consist of?
2. Share about a time in the past when you were required to rest (other than our current situation).
3. Read Matthew 11:28-30. How does Jesus say we will find rest for our souls? What is the difference between a physical rest and a rest for your soul? What do both of those look like for you? What is your "rest inventory"?
4. We need to follow if God is going to lead us. It is not always easy to follow when the way forward is unclear. When you think about God leading us, what have you struggled with the most in the past? (ie. not knowing the why, the where or the when?) What does it look like to be led by God in uncertainty?
5. When God is the Lord and Shepherd of our lives, our focus shifts and we look up to a greater purpose that is beyond ourselves. How can aligning our focus to "the glory of his name" guide us?
6. Read Psalm 23:2-3 out loud slowly. Take some time together as a group to sit in silence before the Lord – practice "resting your souls" together in the presence of God. "Be still and know I am God."

Next Steps

As a church we are going to memorize Psalm 23. Taking it a verse at a time can help. For each verse as we go through this series, here are some strategies to help you remember it word for word:

- Understand It - Try to gain a clear understanding of what each verse actually means. View each week's sermon. Read the verse in different Bible translations. Consult a commentary. Read It – Read your memory verse in context thoughtfully and slowly.
- Read it aloud 5 times emphasizing different words each time.
- Whisper It – Each time you read it, say the topic, reference, verse, and then the reference again.
- Write It – Write out the memory verse with a new line for each phrase. Erase one line at a time and fill in the blanks from memory.
- Apply It – Think about how the verse applies to you and your daily circumstances.



- Recite It – Recite the whole verse 7 times.
- Review It – Repeat daily; reviewing old verses before learning new ones.
- Share It – Recite your verses to someone else at a set time each week.

PRAYER

Oh Lord – during this time, help us to rest in You. Keep our eyes lifted to You as we allow You to lead us day by day and moment by moment.