

He restores my soul

Psalm 23

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the shepherd do for the sheep in this psalm, including in the valley?

2. What does it show me about people — and about myself?

Where do you need restoring rather than pushing harder?

3. What will I obey this week? (a concrete step, with a day)

What will you stop doing this week in order to lie down, as the psalm describes?

4. Who will I tell?

Who is walking through a dark valley that you could walk beside?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Shepherd, you make us lie down, you lead us to still water, and you walk with us through the dark valley. Restore what is worn out in us.



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