

The Lord is my shepherd

Psalms 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 show me about God?

David calls God his shepherd. What does a shepherd do for sheep?

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

He says he walks through the dark valley — not around it. What does that tell you about hard times?

3. What will I obey this week?

Which line of this psalm will you learn by heart this week?

4. Who will I tell?

Who needs to hear this psalm right now? Could you read it to them?

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

God, you are my shepherd, so I have everything I need. Thank you that you are with me even in dark places. Help me remember this psalm when I am afraid.



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