

The Lord is my shepherd

Psalm 23:1-6

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 each line of this psalm?

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

Which is harder for you to believe right now — that he provides, or that he is with you in the dark valley?

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

Which worry will you leave with the Shepherd so you can truly rest one evening this week?

4. Who will I tell?

Who feels alone in a dark valley whom you could walk beside this week?

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

Lord, you are my shepherd; I lack nothing. Make me lie down in green pastures and restore my tired soul.

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