



LIFE GROUP NOTES

Week Beginning: 6th August 2023



Psalm 23

Food that Sustains and Satisfies

Jeanette Howard

Warm Up

Are you sweet or savoury? What is your favourite food? Why? Is there any food you cannot eat or refuse to eat? Why?

Background and context

The meaning of Psalm 23 is **a song of gratitude to a loving God in a painful world**. David expresses confidence and trust in the Lord by portraying God as a good “Shepherd” who both guides and blesses them. God's goodness means that they have nothing to fear: whatever happens to them, God will be with them.

Thinking it through: Main discussion/activity



READ Psalm 23 *What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.*

1. How does David describe the Lord being present with him? Is this something that you have experienced? If possible, share a story of God's presence with you.
2. What causes us to feel far from the Lord? How can we regain the sense of His presence?
3. How does David describe God's generosity and provision? Is he being literal or metaphorical?
4. Have you experienced God's generosity in your life? What stops a blessing from the Lord?
5. How does David describe God's peace in his life? What does it look like for him?
6. What does God's peace look like for you in your life?

Growing in discipleship: Practical application



7. Spend time reflecting on the Psalm and making it personal to you. Rewrite it for your life today.
8. What do you need to do to ensure you experience His presence, provision and peace every day?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.