



## My Cup Overflows | Psalm 23

1. Share the most annoying moment of your week. Keep it light-hearted at this stage.
2. What's your default response when you are hurt by another person? Ignore? Run? Hide? Revenge? Something else? Why is this your response? Nature? Nurture? Something else?
3. Can you think of an occasion in your life when the words of others have deeply hurt you? Don't share the detail of the circumstance but spend some time reflecting on the emotions you wrestled with then (and maybe even since) as a consequence.
4. Chris suggested we need to leave God to deal with our enemies. Do you find this easy? What responsibility do you have to forgive your enemies? How have you found forgiveness works from your own experience? Does it happen in an instant or is it more of a journey? Discuss. What impact does unforgiveness have?
5. In verse 5, David appears to mix his metaphors, transitioning from the field to a feast. Why, do you think, does he does that? How is it helpful, or not?
6. What does the imagery of a "table in the presence of enemies" convey in this verse? How does this relate, if at all, to your discussions around Q4? You may want to discuss God's divine provision and care in this very act?
7. Consider the idea of God anointing our heads with oil. What might this symbolize, and how does it connect to the broader shepherding theme of the psalm? Can you think of an occasion when God has brought emotional or relational healing to your life? What resources did God use to make this provision?
8. Reflect on the phrase "my cup overflows." What might this signify in terms of God's abundance and blessing? How does Chris' explanation of the cultural significance of an overflowing cup resonate? Why could David say that his cup was overflowing?
9. How does understanding God as a gracious host impact your perception of your relationship with Him in the here and now, but too, eternally? Is there any application from these verses about how we might offer God-like hospitality to others – to our friends, the stranger or even our enemies?



What did you discover about God in this passage?  
What did you discover about people in this passage?  
How will you commit to obey this passage this week?  
With whom will you share what you have learned?

