



## Getting Healthy: Physically

### How to live less stressed: Psalm 23

**Cause:**

**Cure:**

1. \_\_\_\_\_ → \_\_\_\_\_

*"The Lord is my shepherd, so I have all I need."* v.1a (NLT)

2. \_\_\_\_\_ → \_\_\_\_\_

*"He makes me lie down..."* v.2a (NIV)

3. \_\_\_\_\_ → \_\_\_\_\_

*"He makes me lie down in green pastures and leads me beside quiet waters. He restores my soul."* v.2-3a (NIV)

4. \_\_\_\_\_ → \_\_\_\_\_

*"He guides me along right paths, bringing honor to his name."* v.3b (NLT)

5. \_\_\_\_\_ → \_\_\_\_\_

*"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me."* v.4 (NIV)

6. \_\_\_\_\_ → \_\_\_\_\_

*"You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows."* v.5 (NIV)

7. \_\_\_\_\_ → \_\_\_\_\_

*"Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."* v.6 (NIV)



## Reflection and Discussion Guide

### Getting Healthy: Physically

**Intro:** What self-help formula were you raised with to cope with stress ("Pray," "Forget about it," "What's the worst that could happen?" "Sleep on it")? Did it work? Why or why not?

**Read:** Psalm 23

**Discuss:** 1. What part of David's background / history is informing this Psalm? What does it mean to you that God is your Shepherd? Discuss how you've experience Him in this way.

2. What does it mean in practical terms that our Shepherd "makes us lie down in green pastures"? Share a time when you knew God was leading you to lie down. How did you benefit from that rest?

3. God wired all His creation, from the simplest organisms to human beings, to require rest. Why do you think so many of us feel guilty when we relax? Discuss ways to overcome our tendency to work, work, work. Knowing that God has placed rest among the Ten Commandments, how important do think this is to Him?

4. God made nature beautiful for His glory, for our enjoyment and for our health. When we recharge our souls with beauty, we are restored and stress is released. Take a closer look at v. 2-3a again. Where are your green meadows and peaceful streams? What renews your strength?

5. What we give our attention to can raise or lower our level of stress. If we let them, the problems we face can raise stress levels. Music and art are two avenues that can reduce stress. Share some ways you enjoy expressing your capacity to create through music or art, or any other medium. Is there a creative endeavor you would like to try that you feel could lower your stress level?

6. When we are faced with conflict or opposition, it can be difficult to see the beauty in others and ourselves. In these situations, how can Philippians 4:8 help us focus on God rather than retaliation and defensive responses?

7. Which verse of Psalm 23 stands out most to you in terms of how you are presently experiencing God? What is He saying to you through this verse / image and what are you going to do about it?