



“Renewed Hearts”

(Psalm 23:1-6)

Study Guide for the week of
February 26, 2023

Some questions to answer and discuss:

1. What sometimes threatens your peace of mind or sense of security?
2. When do you most want peace and quiet?
3. How did David describe the Lord? ([23:1](#))
4. What comforted David? ([23:1](#))
5. How did God help David? ([23:1-3](#))
6. How far does the guidance and protection of the Lord extend for His people? ([23:4-5](#))
7. What did the Lord give to David? ([23:5-6](#))
8. How can you follow David’s example in dealing with your fears?
9. How does this passage encourage you to face the future?
10. What can you do to celebrate God’s goodness and provision?

Life Application Bible Notes

[23:1](#) In describing the Lord as a shepherd, David wrote out of his own experience because he had spent his early years caring for sheep ([1 Samuel 16:10, 11](#)). Sheep are completely dependent on the shepherd for provision, guidance, and protection. The New Testament calls Jesus the good shepherd ([John 10:11](#)), the great Shepherd ([Hebrews 13:20](#)), and the Great Shepherd ([1 Peter 5:4](#)). As the Lord is the good shepherd, so we are his sheep—not frightened, passive animals, but obedient followers, wise enough to follow one who will lead us in the right places and in right ways. This psalm does not focus on the animal-like qualities of sheep but on the discipleship qualities of those who follow. When you recognize the good shepherd, follow him!

[23:2, 3](#) When we allow God, our shepherd, to guide us, we have contentment. When we choose to sin and go our own way, however, we cannot blame God for the environment we create for ourselves. Our shepherd knows the "green meadows" and "peaceful streams" that will restore us. We will reach these places only by following him obediently. Rebelling against the shepherd's leading is actually rebelling against our own best interests. We must remember this the next time we are tempted to go our own way rather than the shepherd's way.

23:4 Death casts a frightening shadow over us because we are entirely helpless in its presence. We can struggle with other enemies—pain, suffering, disease, injury—but strength and courage cannot overcome death. It has the final word. Only one person can walk with us through death's dark valley and bring us safely to the other side—the God of life, our shepherd. Because life is uncertain, we should follow this shepherd who offers us eternal comfort.

23:5, 6 In ancient Near Eastern culture, at a feast it was customary to anoint a person with fragrant oil. Hosts were also expected to protect their guests at all costs. God offers the protection of a host even when enemies surround us. In the final scene of this psalm, we see that believers will dwell with the Lord. God, the perfect shepherd and host, promises to guide and protect us throughout our life and to bring us into his house forever.

Study Guide questions and notes are from

