



PSALM 23 WEEK 1

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)
IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this week for our workout in Psalm 23 will be verses 1-2.

1. Warm up Part 1... READ and WATCH

- READ Psalm 23
- WATCH the "Psalm 23" Intro Video" on our YouTube Channel (Search "Established Footsteps Ministry" on YouTube)

2. Warm up Part 2... READ for Perspective

As noted in the "Intro Video" Psalm 22 has bearing on what follows in Psalm 23. Gaining insight into the Messianic nature of Psalm 22 will assist us in gaining a solid perspective of Psalm 23. So... read Psalm 22 from the perspective of Jesus being the voice of that Psalm, and as you do, complete the following:

- Make notes in your journal along the way of the Jesus' struggles, challenges and afflictions described in Psalm 22.
- Ask the Holy Spirit to give you insight as to the flow of Psalm 22 into Psalm 23. Journal your thoughts.

3. Verse 1a... "The Lord is my Shepherd"

The most familiar focus in verse 1a of Psalm 23 is often on the word "*shepherd*" but let's take a moment to focus on each part by completing the following in your journal.

- **Who is the shepherd? "The Lord..."** Write out at least 10 descriptions of our God who is "*The Lord*" over all. I will give you a few to get you started... 1. Sovereign 2. Perfect 3. All Knowing... now you continue.
- **What makes a good shepherd?** Read the first page of the "*Shepherd and Sheep*" sheet that was provided for you. Make note of the ways that the Lord has been your Shepherd.
- **How are we like sheep?** Read the second page of the "*Shepherd and Sheep*" sheet that was provided for you. As you do, make notes in your journal of the ways you identify as being a sheep.
- **Is The Lord YOUR Shepherd?** It is easy for us to allow other people, positions, dynamics, things and culture to be our shepherd. David wrote, "The Lord is *my* Shepherd." Is He yours? Journal your thoughts.

4. Verse 1b... "I shall not want"

The obvious implication of the second line of Psalm 23:1 is that because the Lord is my Shepherd, I am not in lack. He is such a good provider that I am at peace knowing I have had, I now have, and I will have ALL that I need. This line alone is a good indicator of whether or not we are really living in the reality of The Lord being our Shepherd. So test your soul in this line and pray into the glorious reality of living in it by completing the following:

- Read Psalm 23:1b in various translations of Scripture, finding different expressions of this phrase. Make note of them in your journal.
- Lay each translation alongside each part of your soul (your mind, will and emotions) and compare them to see if you are experiencing the various expressions of this phrase in each part of your soul.
- Pray about what you discover.

5. Verse 2

Going back to the connection between the tumult of Psalm 22 to what Psalm 23:2 describes, we see a great distinction. What a beautiful word picture Psalm 23:2 paints for us of how The Lord as our Shepherd can bring peace and rest even out of the worst of challenges. None have suffered as Christ did, so if God can bring peace and rest in the midst of His suffering, consider how He might do the same for you. Journal your thoughts.

6. Use the Scripture Prayer Image to pray Psalm 23:1-2 into your relationship and experience with the Lord.