



**Satisfied – A Series from the 23<sup>rd</sup> Psalm**  
**Rest Stop**

If you know the 23rd Psalm *by heart*, but it's not shaping the *condition of your heart*, it might be time to ask yourself if you're actually following the Good Shepherd. Find true rest and restoration for your soul when you quiet the noise in your life and allow yourself to be led by Jesus.

Scripture:

My sheep listen to my voice; I know them, and they follow me.  
John 10:27

He lets me rest in green meadows;  
he leads me beside peaceful streams.  
He renews my strength.  
Psalm 23:2-3a

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.  
2<sup>nd</sup> Corinthians 4:16

**Ice Breaker and Intro Question:**

1. The Bible often describes us as sheep, what is your first reaction when you are described as a sheep? (Are you a little offended, humbled, or maybe even comforted?)
2. What resonated with you from Sunday's service? (Sermon, scripture, song, etc.)

### **Discussion Questions**

3. Eddie shared that, "Sheep must be led - not driven." What does that teach us about the way God leads us?
4. Read John 10:27 together as a group. How does this verse challenge and comfort you?
5. Read Psalm 23:2-3a and 2nd Corinthians 4:16 quietly by yourself and take a moment to reflect on these passages. How should the truth of the scriptures affect your life this week?
6. Eddie shared that "the difference between actual sheep and us, is that we get to choose our shepherd...Who leads you? Whose influence and voice pointed you to where you are right now? Whose voice do you follow? Who shapes your view of right and wrong? Whose voice can make you joyful and hopeful – or angry and disappointed." What are some of the voices that you're listening to?
7. What can you do this week to rest and to listen to God's voice? Get practical!
8. Rest is more than inactivity. Take a moment as a group to be quiet and still, trusting God together. After some moments of silent prayer, have one person close with a prayer outloud. Ask God to lead and guide you this week.

### **Additional Resources:**

- Set aside some time this week – even if it's only a few moments – to be still and be with God. (You might try to go outside, if possible, or near a window. You could also set a reminder to turn off all notifications and screens.) Do whatever will help you to be quiet and ask God to restore your soul.
- Download the series resource at [www.wschurch.org/satisfied](http://www.wschurch.org/satisfied) to find more reflection questions, suggestions for spiritual practices during the week, and sermon notes for this teaching series!

### **Notes:**