**He Restores My Soul**

**Psalm 23**

**Week 1**

**Daily Time With Truth**

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1: Psalm 41:10 (NLT)**

Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

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**Day 2:Psalm 94:16 (NIV)**

When anxiety was great within me, your consolation brought me joy.

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**Day 3: Proverbs 3:5-6 (TPT)**

Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make. Become intimate with him in whatever you do, and he will lead you wherever you go.

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**Day 4: Philippians 4:6-7 (TPT)**

Don’t be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God’s wonderful peace that transcends human understanding, will guard your heart and mind through Jesus Christ.

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**Day 5****:Proverbs 12:25 (TPT)**

Anxious fear brings depression, but a life-giving word of encouragement can do wonders to restore joy to the heart

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**Discussion Questions:**

1. Oxford Languages defines anxiety as, “a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.” What kinds of things caused you the most anxiety in 2020 and why?

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1. In what ways can you relate to being described as a sheep? How can it be calming to recognize that you *aren’t* the Shepherd and so you can lay down in peace in His care?

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1. What are the qualities that make the Lord a Good Shepherd, especially from the perspective of a flock of skittish, fearful sheep? How did you experience your Good Shepherd’s abilities to get you to lie down during your most challenging moments of this past year?

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1. Pastor Bob said that the way we stay close to the Shepherd is through prayer. How has your prayer life been affected by the anxiety of this past year? Have you implemented any new strategies to enhance your commitment to prayer and to strengthen your faith? How did you handle the challenging times when you found it difficult to pray?

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1. Have you ever experienced anxiety to the degree that it was “intense, excessive, and persistent worry and fear that caused fast heart rate, rapid breathing, sweating, and feeling tired”? In that season, when anxiety had become a disorder, how did the Good Shepherd guide you to the right path that would lead you beside quiet waters and refresh your soul? (Professional help, breathing techniques, medications?)

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1. No one would pray for a year like 2020 that caused anxiety for many people. However, God is a redeemer who brings good out of even the hardest times. What blessings have you experienced through the challenges of the past year, as you have learned to follow your Shepherd more closely?

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