



WEEKEND RESOURCES | MARCH 26, 2023

Keeping Your Soul Sane in Seasons of Change | Clay Scroggins

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: The word sane refers to the mind...but we all know there's such a temptation for difficult seasons to make you feel disoriented and not sure which way is up or down because our souls are so connected to our minds. But what if God wanted to use these disorienting moments to draw you closer to him so he can know him as your shepherd?

» Main Points

- The Lord is My Shepherd
- Fix Your Eyes on the Shepherd, not the Shadow
- God Holds Nothing Back From You

» Getting Started

- Describe a time in your life when you have felt restless. What were the circumstances that led to that and what actions did you take?

» Observation

- Read and reflect on Psalm 23:1-6
- What are your initial reactions to **this passage**? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- As followers of Jesus we know what it means to have a good shepherd. Your friends, neighbors, co-workers who don't know Jesus definitely need to know their good shepherd as well. Take some time this week to think about who you need to invite to Easter here at Eastern Hills.

growdeep

- What are the different roles the shepherd plays in Psalm 23? How do you see God showing up in those ways today?
- The Lord cares about your soul. When your circumstances are tough, how can you let him refresh your soul?
- What does it mean to walk through the valley but not lie down in it? Contrast that with lying down in green pastures and not walking through it. What stands out to you in these two scenarios?
- Reread Psalm 23 in the negative (The Lord is NOT my shepherd, I shall be in want...). What verse is most disturbing when you read it this way? Do you find this version to feel like a more accurate portrayal of the Lord? Why do you think that is?

partner with families

- As a family, talk through one change you've experienced together. Take turns pointing out where you saw God show up during the change, and with perspective, where he showed up that you didn't notice at the time. Thank God for his faithfulness and love together!

» Next Steps and Prayer

- In what ways do you know the Lord as your shepherd? What might be preventing you from trusting the Lord as your shepherd?
- Close by thanking the Lord for being your shepherd and ask that you would recognize his provision and protection in this season.