



Journey Church

Psalm 23

September 10, 2023

---

## He Leads Me

### Psalm 23:1-3a

The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters, he restores my soul.

He leads > I follow  
*Isaiah 40:11*

He leads me to rest  
*"green pastures"*  
*Philippians 4:10-13*

What causes you to be restless?  
*Matthew 6:25-34*

- Fear
- Hunger
- Thirst

He leads me to restoration  
*"quiet waters"*  
*John 4:1-42; 7:37-38; Psalm 42*

**Questions/Topics for this week:**

1. Do you feel like you need rest?
2. What causes you to be restless?
3. How do we let God lead us to restoration and “quiet waters?”

**Be Intentional:**

This week, try to lean into God and know that He controls the path that leads you to rest. Don't attempt to control it yourself, but trust in His leading.

**Pray:**

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.