


Leb E. Free Church
www.lebefree.org
 Dan Hess, speaker
 June 14, 2026


Lush grass. . . calm, hydrating water. . . soul-restoration. . . purposeful direction along a good path. These are things we need on a regular basis as "spiritual sheep." Last week, we viewed the character of our Shepherd; today, as we continue our study of Psalm 23, let's re-discover how our shortcomings are more than satisfied in His nature: *"He gathers the lambs in His arms and carries them close to His heart. . ."* – Isaiah 40:11, NIV

"When my eyes are on my Master, they are not on those around me. This is the place of peace. My serenity has as its basis an implicit, unshakable reliance on His ability to do the right thing, the best thing in any given situation."

W. Phillip Keller, *A Shepherd Looks at Psalm 23*

What are sheep like? How are humans similar to sheep? _____

Four Psalm 23 Truths to Apply to our Journey as the "Sheep of His Pasture"

I. We Regularly Need Rest: *"He makes me lie down in green pastures. . ."* 

Notice God is **not merely suggesting** that we rest, or **asking** us to rest; He **makes** us rest! Maybe your next best step is to rest, to be still and know that He is God (Psalm 46:10)

Consider this: What current situation is making you weary, and prone to panic? Listen to the Good Shepherd's voice calling you to rest. . .

- Matthew 11:28 - _____
- Psalm 4:8 - _____
- Psalm 62:1 & 2 - _____
- Proverbs 3:24 - _____

II. We Regularly Need Replenishment: *"He leads me beside quiet waters. . ."* 

In the Bible, water is a metaphor for **cleansing** (Acts 22:16), for **grace** (Isaiah 44:3), for **sanctification** (Ephesians 5:26), and for the **Holy Spirit's presence and power** (John 4:10-14).

Consider this: What life circumstance is making the Good Shepherd want to lead you beside still waters today? Listen to His voice. . . let Him satisfy your thirst. . .

- Jeremiah 31:25 - _____
- Lamentations 3:22 & 23 - _____
- Psalm 68:9 - _____
- John 7:37 & 38 - _____
- Acts 3:19 - _____

III. **We Regularly Need Renewal:** “*He restores my soul. . .*”



Our Good Shepherd knows His sheep, and He shears away the weight and encumbrances and grooms us, and we are rejuvenated spiritually, emotionally, and even physically—a continuous, regular process!

Consider this: What prevents us from asking our Shepherd for grooming, to remove “manure, burrs, mud, sticks, and ticks”? Listen to the Shepherd’s voice of restoration. . .

- Psalm 51:12 - _____
Psalm 56:13 - _____
Psalm 71:20 - _____
Joel 2:25 & 26 - _____

IV. **We Regularly Need Redirection:** “*He guides me along right paths for His name’s sake. . .*”



Each step of God’s “abundant life” design builds on the previous step. First, He wants us to **rest**. Then He wants to **refresh** us. Meanwhile, our Shepherd continually **restores** us. Ultimately, the Lord wants to **direct** us to divine appointments of service to injured or frightened sheep, and to those not yet “in the flock.”

Consider this: What assignments might God be preparing for you to do? Lend Him your ears. . .

- Isaiah 30:21 - _____
Psalm 32:8 - _____
Psalm 119:105 - _____
James 1:5 - _____

Next Steps for Further Study and Discussion:



- A. Create a list of biblical characters whose “momentum” God needed to change so that they would be still and know that He is God? (ex. Jonah, Paul, . . .) What did He say to them in the quiet?
- B. How can we cultivate a regular pattern of allowing the Good Shepherd to provide Rest, Refreshment, Renewal, and Redirection? What “quiet” settings help you to listen to His voice?
- C. Name one obstacle you could remove in order to be a healthier & more useful “sheep”? (Hebrews 12:1)
- D. How does it impact you to know that His guidance is “for His name’s sake” & not just for your benefit?
- E. In the places where lines have been provided on this sermon guide, write and be nourished by the corresponding scripture verses—or capture the gist of the verses in your own words.
- F. Read and meditate on John 10:1-10, often subtitled, “*The Good Shepherd and His Sheep*”.



“*God, my Shepherd! I don’t need a thing. You have bedded me down in lush meadows, You find me quiet pools to drink from. True to Your word, You let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I’m not afraid when You walk at my side. Your trusty shepherd’s crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I’m back home in the house of God for the rest of my life.*”

- Psalm 23, *The Message*