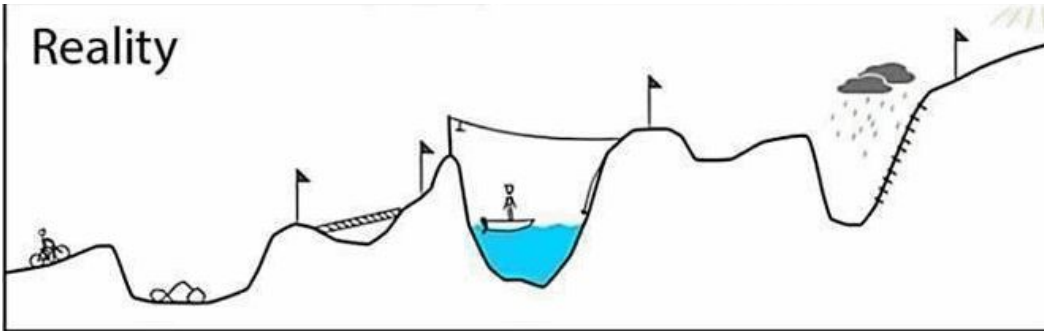


Theme & Passage(s)	Our souls restored Psalm 23
Welcome	<p>Ask everybody to sketch the journey of their lives, charting the ups and downs (see an example below). Invite folk to use the sketch to briefly describe some of the highs and lows they have experienced in their lives.</p> 
Worship	<p>Psalms and songs: The Lord's my Shepherd (Stuart Townsend) https://www.youtube.com/watch?v=pN4tPkX0MG0</p> <p>Shepherd of my Soul (Amanda Cook) https://www.youtube.com/watch?v=bVjedGudN8w</p> <p>You Never Let Go (Matt Redman) https://www.youtube.com/watch?v=NM14VZVu0og</p> <p>Worship Ideas: Read the psalm together, spend time in quiet reflection. Invite the group to offer prayers of thanks and praise or use the responsive prayer (in the Extra section).</p>
Word/ Read & Reflect	<p>Begin in silence, welcoming the Holy Spirit to guide you. If you haven't already read the passage read it now and then be silent. Read again. Be silent once more, attentive to the Spirit.</p> <p>Share out of this experience...</p> <p>If time, consider some of the following questions...</p> <p>Verses 1-4 describe God as a shepherd who cares for His sheep. According to the passage, what are some of the ways God cares for his sheep?</p> <p>The psalm provides a wonderful image of the Shepherd accompanying the sheep through the valley of death. Can you think of a time when you have experienced God accompanying you during a difficult season or situation?</p> <p>God does not promise to remove all the dangers or sadness of life. How, then, can we have peace and live without fear? (You may want to refer to John 16:33;</p>

	<p>Phil 4:4-9).</p> <p>Verses 2-3a refer to the Shepherd actively leading the sheep to green pastures and quiet waters, refreshing the soul. How do you see this worked out in your life? Are there physical places or specific practices that the Lord uses to refresh your soul?</p>
Working it out	<p>This psalm uses the image of a flock of sheep on a journey, travelling through places of danger and fear as well as places of peace and plenty. Where would you put yourself in the psalm right now? Are you in the dark valley, the green pasture, seated at the banquet etc?</p> <p>Spend time praying with one another - perhaps in twos or threes - and listening for the Shepherd's voice of encouragement, comfort and direction.</p>
Extra	<p>Responsive prayer to be used during worship section or to close the meeting.</p> <p>One: We are a Resurrection people called by God to live a Resurrection life.</p> <p>All: Christ is risen, Christ is risen indeed!</p> <p>We live our lives each day knowing that Christ has opened the way to new life to be lived in fullness and forgiveness each and every day. Even when our lives take us through the dark valleys, we know we are never alone; Our Risen Lord is always with us. in our interactions with our brothers and sisters in this world. Amen</p> <p>One: So let us not deny the resurrection in our lives, but rather go boldly into the world knowing that in this resurrection life we are a forgiven people as we share the good news of God's grace, in word and deed with the world around us. Amen</p> <p>All: The LORD is our shepherd, we shall not be in want for the Lord makes us lie down in green pastures, and leads me beside quiet waters. The Lord restores our souls and guides us in paths of righteousness for his name's sake.</p> <p>One: Even though I walk through the valley of the shadow of death, I will fear no evil, for the Lord is with me; the Lord's guidance comforts me.</p> <p>All: For the Lord prepares a table before us in the presence of those who would harm us. The Lord provides us with all we need and our cup of blessing overflows.</p> <p>One: Surely goodness and love will follow us all the days of our lives, All: And we will dwell in the house of the LORD forever.</p>