

Psalm 23

YOUR BREAK-UP BIBLE STUDY WORKSHEET



Nothing eases us more than knowing we can rest in God, & in His presence because He takes care of everything. EVERY THING. Jesus never lets us down. ALL it takes- you have to become a sheep. Rad

Hey Bossbabe!

I'm Judith-

Your go-to person when that extremely charming boyfriend of yours tells you that "it's over"

I wasn't always this obsessed with break-up stories and sad songs...

But I know exactly where you are. Because I was you, not a long time ago.

Years later, here I am-
Feeling better than I ever have, happy, glowing, thriving, standing firmly because of my identity in Christ Jesus!



@JOURNALOFJUDITH

Bible study:

Psalm 23

Let's get started:

STEP 1: READ THE PSALM

Psalm 23

1 The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

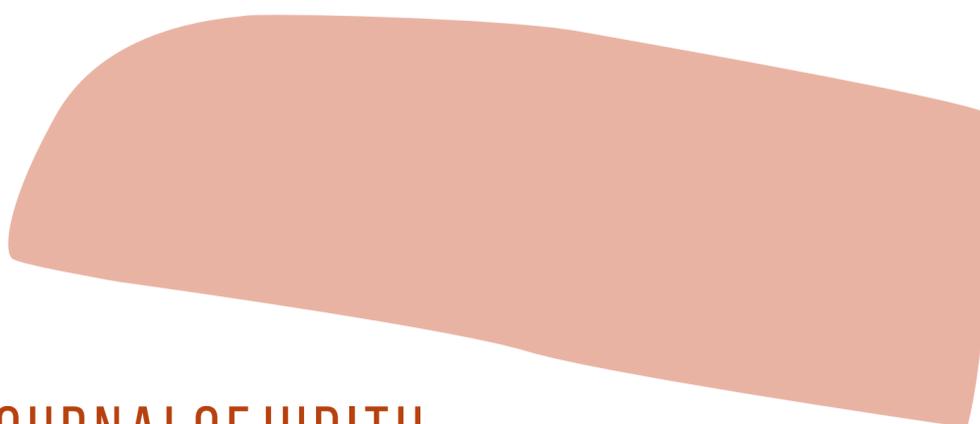
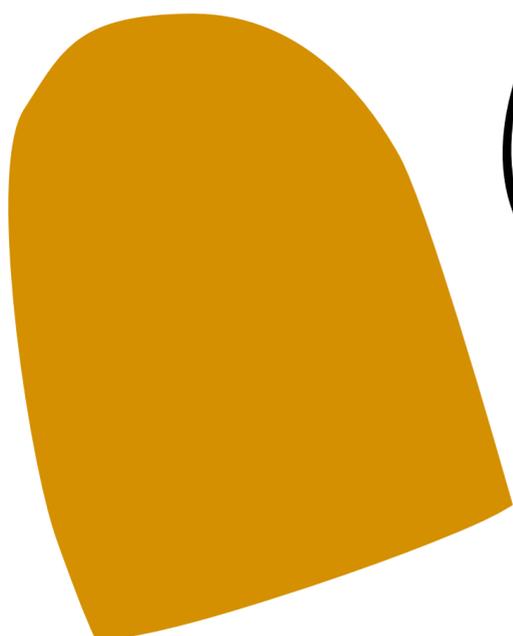
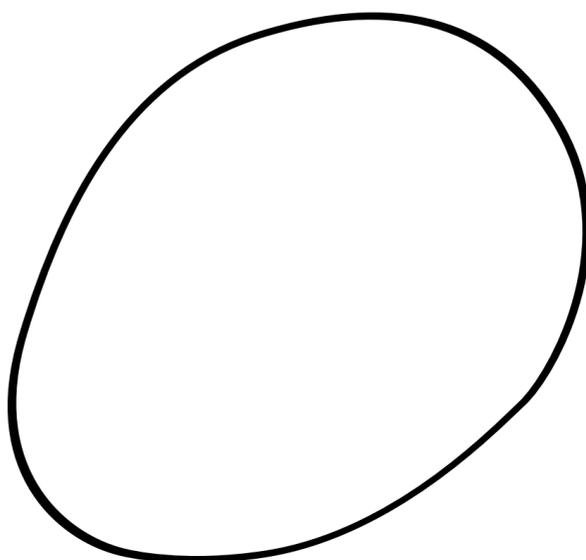
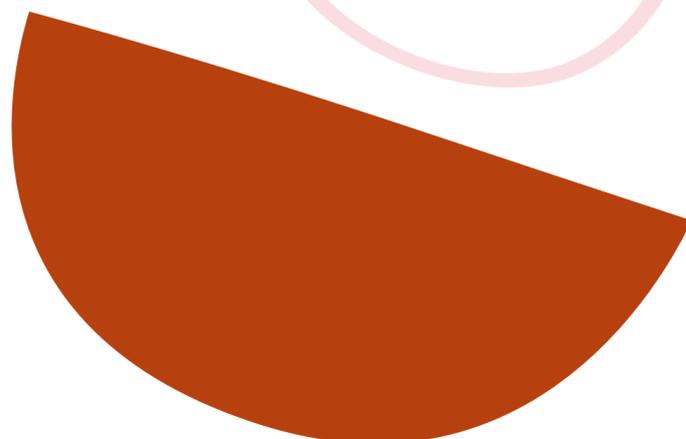
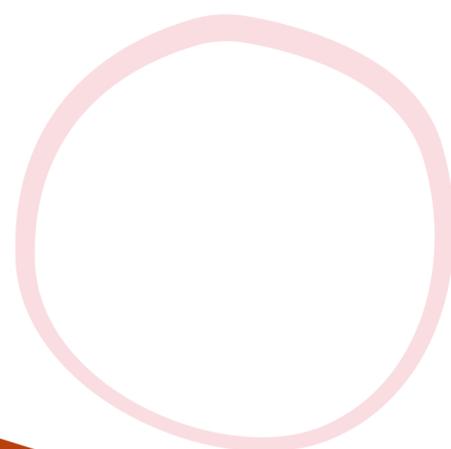
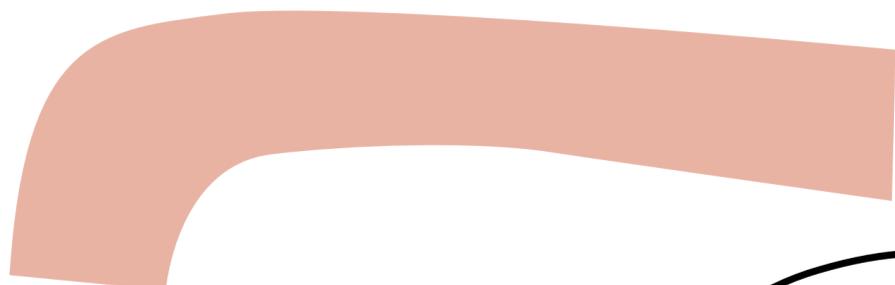
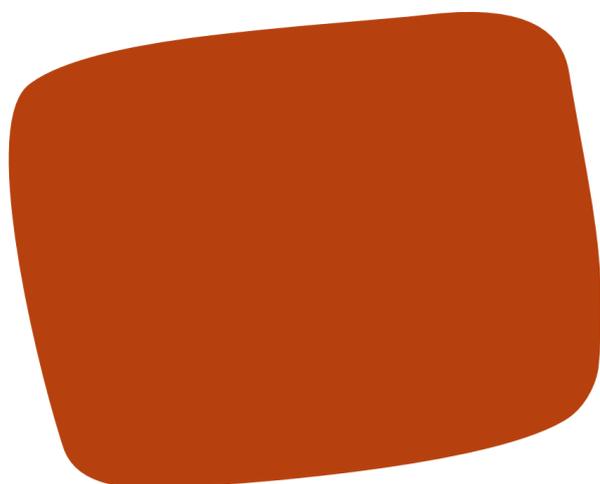
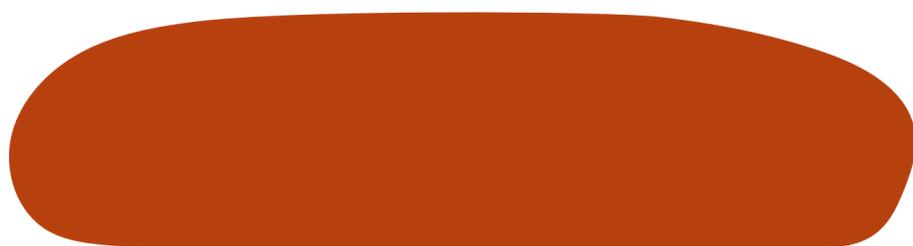
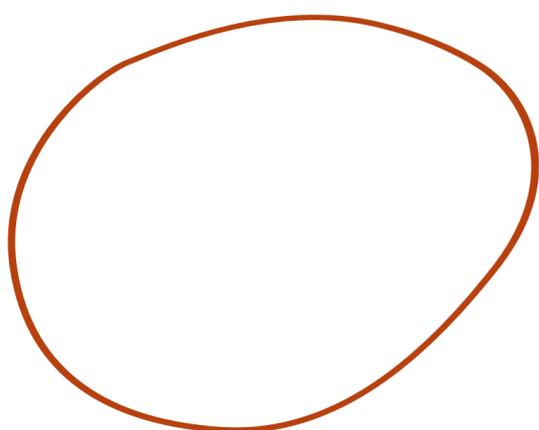
5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

BRAINSTORM:

Who is a sheep?

List qualities you associate with a sheep
in the shapes below



BRAINSTORM: Who is a sheep?

Here are some things I found:

cannot defend herself & she knows it

White, innocent, simple & naive

relies on the shepherd & is not ashamed of it

easily manipulated/ lied to or cheated

goes about aimlessly sometimes

humble and meek

eats grass

picky eater

“

sometimes only bothered about food & water

has no sense of direction

not so intelligent dull-minded

dependent, vulnerable, easy to fall prey to

Bottom line: The sheep needs a **SHEPHERD**. For everything... food, shelter, protection, other resources.

The Good Shepherd:

what is he like? List down His qualities from the Psalm

The Good Shepherd is:

The Good Shepherd:

Here's what I listed down from the Psalm:

- A provider of ALL things
- gives rest & replenishment
- knows what the sheep needs and meets her needs beautifully
- a leader who leads in the right path
- possesses knowledge of ALL paths
- ever present with the sheep
- protector and comforter
- generous & abundant
- has authority and uses it to love, protect & care for the sheep
- is rich, has a big house and gives out of his riches

ASK YOURSELF:

It is absolutely clear that Our Lord is GOOD. He not only gives us the best, but also takes care of details, sees and meets our deepest needs, is actively present and delights in our goofy actions. He enjoys the company of his sheep (YOU) and cannot stop thinking of ways to fill your cup with goodness and blessings.

SO...

Why don't you experience an "overflowing cup" every day? Why is joy, blessing, His loving presence and active engagement in your life missing? Where did it go?

Let's go back to V. 1 of this Psalm:

"The Lord is my shepherd"

Sister, all the happy juice lies in going after **THE RIGHT SHEPHERD**- in allowing Him to shepherd you.

“ The perks you enjoy are only as good as the shepherd you submit yourself to.

Make Jesus the shepherd again. Let him lead. Let him find pastures and waters for you. Let him restore your soul. Let him prepare a table for you. Let him fill your cup.

When you're desperately searching for a mission, Let him anoint your head and show you your purpose. Let him find you a boyfriend. Let Him decide the time.

BECOME A SHEEP

Don't be ashamed to ask for help, being seen as vulnerable or dependent. Don't be ashamed of not having it all together, not having control, not being the strongest or the best.

Let your guard down. Hurt. Cry. Go about aimlessly in search of Him. Be dull minded and less intelligent and defenseless. Because God doesn't mind that. He wants YOU.

He wouldn't love you more if you were flawless, sinless, sweet-smelling. He wouldn't love you less even if you were a sinner, shabby, stinky, or sad. He thinks you're worthy.

God delights in YOU.

He listens to your jokes and watches you dance when you're alone.

He knows what's on your mind, how you truly feel and what you really need.

He died so you don't have to. He wants to be your shepherd because then, He will never lose you.

BE His sheep?

Ever wondered...

Why does God compare us to sheep?

- All animals are created with a special way to defend themselves. But sheep are the only animals on Earth that can't defend themselves.
- Sheep are picky eaters. They only eat grass, and the grass needs to be fresh, and of good quality. Jesus doesn't want you to eat junk, He has good and fresh things for you
- Sheep have no sense of direction. They could practically jump off a cliff, which is why they need a shepherd.
- Other animals are good for carrying things, but not sheep. They were not meant to carry a heavy load and are never used for it.
- When sheep are thirsty, they will stop at a dirty puddle right in front of them instead of going for the clean, still waters twenty feet ahead of them.
- Sheep were treated as a prized possession in Jesus' day.
- Sheep can not care for themselves when wounded. Other animals lick a wound until it heals, but not sheep. They need a shepherd to tend to their injuries.

Refer to the psalm again:

What happens to the sheep that stays with the Good Shepherd?



These are my answers

What happens to the sheep that stays with the Good Shepherd?

- She lacks nothing (super rich)
- has a restored soul & fresh ideas
- she is led in the right path (in her relationships, business decisions, etc.)
- practically fearless (see v. 4)
- always comforted & protected
- She has a table (people are jealous of her and she gets to be with the best shepherd)
- She enjoys more than she needs
- Goodness & mercy follow her
- She gets to move in with her shepherd for a happily ever after (aka heaven)



**Do I want Jesus to be my shepherd?
DO I want to be His sheep?**

HOW CAN I BECOME HIS SHEEP?

HOW CAN I MAKE HIM MY SHEPHERD?

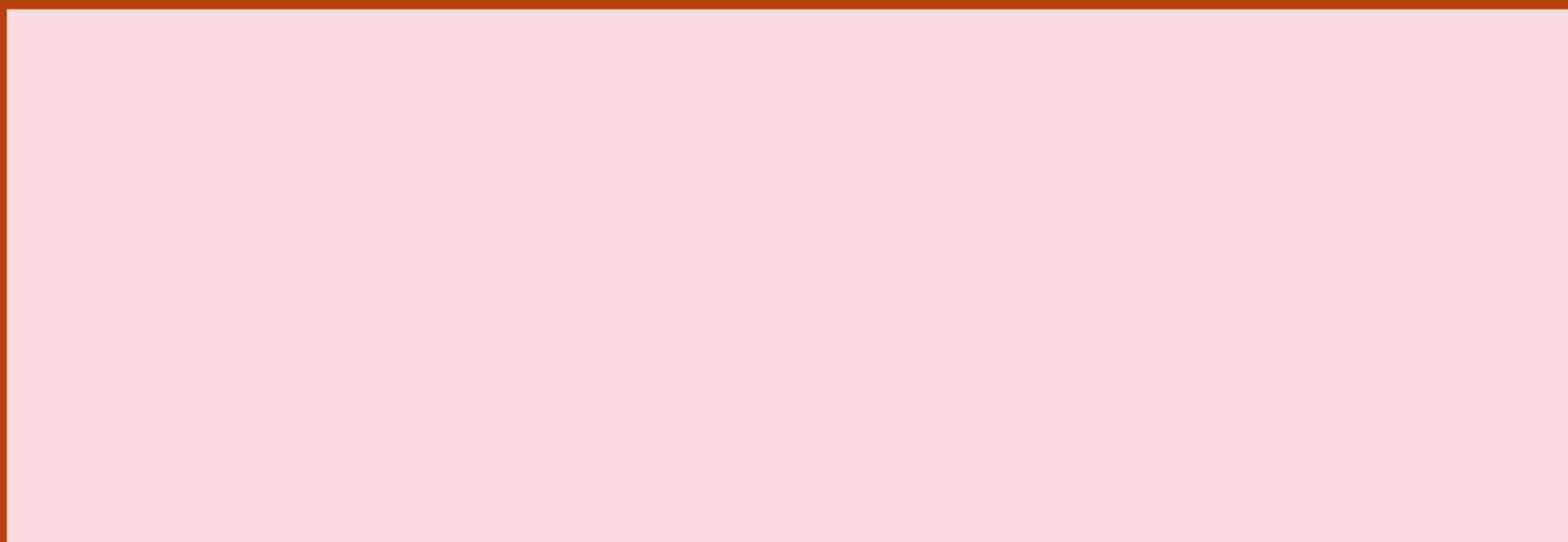
**State simple things you can start doing to build
a relationship with God... eg. daily prayer.**



WORDS OF ENCOURAGEMENT:

What is the Lord saying to you right now, this week or the past few days/ months?

What are you receiving from the Lord right now? Write it down:



READ ALSO:

John 10:11-15

Matthew 18:12-14

Matthew: 5:3

Yay! Thanks for studying Psalm 23 with me!

I help high achieving, family-focused Christian women use their breakup to heal, build a new self-identity and make space for their dream relationship with faith as the golden foundation.



***The real party's on Instagram!
Follow me @journalofjudith***