

PSALM 23

THANKFUL 4 His Provision

Dr. Derwin Gray

Read Psalm 23 together as a group.

It's impossible to live at warp speed without warping our souls. So why are we moving so fast? We're often running from life's disappointments, the trauma of our past, the reality of our insecurities, and our moral brokenness. But all of this moving is making us tired. Thankfully, Psalm 23:2 shows that we get REST from God.

1. **R- Regeneration** - through faith in Jesus, we are raised from spiritual death to spiritual life. Jesus' resurrected life is our life. We don't have to achieve; we can simply receive.

Pastor Derwin referred to the Ark of the Covenant in his sermon. In the Old Testament, the ark symbolized of the presence of God. Once a year a priest would enter the holy of holies and sprinkle blood from a sacrificed animal to atone for the sins of Israel. This was the Day of Atonement, Yom Kippur. The Day of Atonement is no longer needed because Jesus Christ became the new covenant in which His sacrifice on the cross was the complete atonement for all sin. Jesus says, "I am now Yom Kippur."

- a. Read Hebrews 4:16. **Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.**
 - b. How is it that we can now approach God? Do you approach God with confidence and boldness? What does God promise we'll find when we approach Him?
 - c. Read Hebrews 13:20-21. **Now may the God of peace, who brought up from the dead our Lord Jesus—the great Shepherd of the sheep—through the blood of the everlasting covenant,²¹ equip you with everything good to do His will, working in us what is pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.**
 - d. How long does the new covenant last (vs.20)? Does this help you approach Him with confidence?
2. **E- Energy** from God's Holy Spirit.
 - a. Read John 7:37-39. **On the last and most important day of the festival, Jesus stood up and cried out, "If anyone is thirsty, let him come to Me and drink. 38 The one who believes in Me, as the Scripture has said, will have streams of living water flow from deep within him." 39 He said this about the Spirit. Those who believed in Jesus were going to receive the Spirit, for the Spirit had not yet been given because Jesus had not yet been glorified.**
 - b. Who did Jesus say should come to Him?
 - c. Are you thirsty? What are some different ways we try to quench our thirst?
 - d. What happens when we go to Jesus with our thirst (vs.38)? Not only will we be filled up, but we will overflow with God's living water. What can we do with that overflow?

3. **S- Spirit's** Fruits and Gifts.

- a. Read Colossians 3:12-16. **Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience, 13 bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive. 14 Above all, put on love, which is the perfect bond of unity. 15 And let the peace of Christ, to which you were also called in one body, rule your hearts. And be thankful.**
- b. As you read through these verses, do you feel overwhelmed? Do you feel you currently embody these traits? The good news is that we don't have to try to be these things, we already are these things in Christ. Let's embrace our new identity.
- c. Read I Peter 4:11. **Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.**
- d. What is the purpose of our gifts? *(Note to Leader: Gifts point to the Giver.)*

4. T-Turn to the Word of God.

- a. Read I Peter 2:2. **Like newborn infants, desire the pure milk of the word, so that you may grow up into your salvation.**
- b. What are we being compared to in this passage? Newborn infants depend on their parents. In the same way, we ought to depend on God. Sometimes we desire more "meat," but true meat is not about learning complex theology, it's about obedience. In order to be obedient, we need daily dependence on God.
- c. What is a step of obedience you need to take in your life today? Share with the group or a trusted individual. Accountability helps us to be obedient.

Soul-tattoo:

- (1) On Your Sabbath Day of Rest, read and pray through this sermon outline.
- (2) Read Your Bible 7 Minutes Each Day (Psalm 23).