

GROUP DISCUSSION

Questions for facilitating dynamic discussion

Psalm 23

Week 2: God Restores

Psalm 23:2-3a

September 19, 2026

Jeff Griffin

Psalm 23 is one of the most beloved chapters in the Bible. It gently invites us into a deep, loving friendship with God—a friendship that has transformed millions of lives across the centuries. This week we see that God's care both offers and even urges us to find rest.

Kicking It Off:

What is your most trusted strategy or favorite comfort item for falling asleep?

Discussion:

1. Test your recall of Psalm 23:1. Try reciting it aloud from memory as a group.
2. Read Psalm 23:1-3a. We can clearly understand that “make” in this instance does not mean “to force.” What do you think it would take to make a sheep lie down in the pasture? What does it take for you to feel “at rest”?
3. In Philip Keller's book *A Shepherd Looks at Psalm 23*, he says that “nothing so quieted and reassured the sheep as to see [the shepherd] in the field.” How does this picture of the shepherd in the field *with* the sheep deepen your understanding of this part of verse 2? How would you translate that to your life with God?
“...we are the people of his pasture, the flock under his care.” (Psalm 95:7, NIV)
4. Look again at verse 2. Jeff explained the word for “quiet” can also translate to “restful.” Imagine a rushing whitewater river. Now contrast that with a gentle stream. How does one make you feel versus the other? Why might the water image appear alongside the mention of green pastures?
5. In his sermon Jeff used Hebrews 4 to illustrate the types of rest our Good Shepherd provides: Physical/Sabbath rest, Political rest (from conflict with enemies) and Spiritual rest (reconciliation with God). Which of these do you regularly experience in your journey with Jesus?
6. Reread Psalm 23:3a. Some versions use the word “restore.” In what instance(s) might someone need to have their soul “restored”? Can you think of a time when the Holy Spirit has convicted you of wrongdoing and you experienced being restored to a right relationship with God?
7. Jeff talked about how there is to be a peace flowing from God's rest in believers. What will you do in the coming weeks to press in toward the rest of the Lord and live in that peace?

Wrapping Up:

Invite your members to make a plan for finding a time of rest this week. Pray that you will all experience the Good Shepherd's presence in the field of life with you.

“There remains, then, a Sabbath-rest for the people of God; ...Let us therefore make every effort to enter that rest...” (Hebrews 4:9, 11a, NIV)