

the Venues

Go Deep

The Season of Serenity

10.1.2023

Psalm 23:1-2

On a scale of 1-10 with 10 being overwhelmed,, what is your level of stress?

Did you feel well-rested yesterday?

Were you treated with respect all day yesterday?

Did you smile or laugh a lot yesterday?

Did you learn or do something interesting yesterday?

Did you experience the following feelings during the day yesterday?

- *Physical pain*
- *Worry*
- *Sadness*
- *Stress*
- *Anger*

What do you do to destress?

The Psalmist was super stressed (See [Psalm 22](#)).

What image do you get from these verses?

- *Of God*
- *Of life*
- *Of yourself*

The writer says the Shepherd “allows” the sheep to lie in green pastures.

What is the difference between “allow” and “makes”?

Where is your “green pasture” and “still water”?

The grammar of the text indicates that this is a permanent place, not a temporary one.

In the midst of turmoil and chaos, how can you be reside in green pastures and still waters?