

## Growth Assignment

Wednesday, May 6, 2020

### Is God Good? He Revives & Refreshes

*The LORD is my shepherd; I shall not want. (I don't lack anything)*

<sup>2</sup> *He makes me lie down in green pastures. He leads me beside still waters.*

<sup>3</sup> *He restores my **soul**...* **Psalm 23: 1 – 3 (ESV)**

Because the Lord is your shepherd, he gives your soul rest, refreshment, and restoration. In this broken world, it's not unusual to face mental, emotional and spiritual brokenness.

1. Read Psalm 23:1-3 above. In what ways do the verses indicate that the Lord gives us rest, refreshment, and restoration?
2. Biblically, we have a body, spirit, and soul. Our soul is the part of us that thinks, chooses and feels – in other words, our mind, will, and emotions. In this broken world, we may face mental, emotional and spiritual brokenness. How can we apply the promises in Psalm 23:1-3 to our lives – including body, spirit, and soul?

*Surely **resentment** destroys the fool...* **Job 5: 2 (NLT)**

3. Read the verse above. Then think of a time when someone hurt you and you carried resentment. How did you feel? How you could have felt differently over time if you had not continued to carry resentment?
4. Think of any resentment or bitterness you are still carrying around about a recent event. What specific steps can you take in the next week to stop hurting yourself with your anger, see things from a different perspective and let go?