



**PRAYING THE PSALMS – PSALM 23 (VS. 2-3)
HE MAKES US LIE DOWN IN GREEN PASTURES**

WOMEN'S DISCIPLESHIP GROUP

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Series #2 Lesson #2

SCRIPTURE FOCUS: *He makes me to lie down in green pasture; He leads me beside still waters. He restores my soul. (Psalm 23:2-3a).*

Key Word: Restore (Hebrew) Shuv: Change, turn back to, return, i.e., cause a change to a previous, preferable state. To be recovered or repaired.

OPENING STATEMENT: If we choose to go to a health spa for revitalization there would be no need for someone to “make us lie down” – we would be glad to oblige.” But the idea of the Lord *making us lie down* to restore our soul sounds almost like a forced retreat. When treatment is needed to repair the soul, there is often resistance. Sometimes suffering is God’s way of forcing us to lie down so that we can be fully restored. In verse 23:2, the place that the Lord makes us lie down is called *green pastures*. This is a place where all of our needs can be met so that we can be fully revitalized.

As we all know, there are times when we get so caught up in “going and doing” that the Lord has to literally stop us in our tracks. It might be a job lay-off or your car might stop running forcing to spend more time at home with family and friends. There is an old fable about Jesus, the Good Shepherd who had a little lamb that continued to go astray. Almost on a daily basis, Jesus had to use his rod to rescue that little lamb from some dangerous situation. Finally, the lamb broke his leg and Jesus carried him on his shoulder until his leg healed. When the lamb was restored, he was so accustomed to being near Jesus that he never strayed again. Even to this day you will see pictures of Jesus carrying a baby lamb on his shoulders. Please remember that the goal of *making us lie down* is to bring about 3 vital phases of *restoration*:

1. To “center” us in God’s will so we don’t miss His purpose and His special blessings. Especially the gift of family and friends.
2. To bring our mind, body and soul back into balance and prevent physical, emotional and mental collapse. Serving others can drain our physical and emotional strength.
3. To repent of sin, overcome our failures, and to be cleansed from guilt, shame and unforgiveness. Ongoing restoration is necessary in order to walk in power and authority.

OBSERVATIONS:

1. Look at the 23rd Psalm and list the number of times that you see the words *me* and *my*.

2. Using your own words, list some of the things that the Lord did in relationship to - *me* or *my*.

INTERPRETATION:

Reading through 1st Samuel chapter 16, what do you see in the story of David's life that reflects the 23rd psalm?

PERSONALIZATION:

1. In what areas of your life has the Lord *made you lie down in green pastures*?

2. Think of an experience where the Lord *restored your soul* and brought *restoration* to your life. How were you restored?

APPLICATION:

Use this time to write down a plan showing how you will go about making time for rest and restoration in your life.