

# Break Time, pt. 1

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1. What do you consider a restful vacation?
2. The imagery in Psalm 23 encourages a rather appealing perspective on rest. What are some aspects of rest that you see in this passage?
3. Not everyone looks at rest or relaxation in the same way. Discuss some attitudes you have witnessed.
4. What could be some dangers of having wrong attitudes toward rest?
5. David's description of the tender care of the Shepherd involves several comforting phrases. Discuss how we as individuals can recognize the following experiences as we build our relationship with God.

not wanting (1)  
 lying down in green pastures (2)  
 still or "stilling" water (2)  
 restored soul (3)  
 no fear (4)

comforted (4)  
 prepared table (5)  
 anointed head (5)  
 goodness and mercy (6)  
 dwelling in His house (6)

6. We are encouraged to get 8 hours of sleep per night. Why do you think they recommend such? How does sleep impact our waking hours? How do you think sleep affected Elijah in I Kings 19:1-6?
7. God gave the Sabbath for rest. Do you think the concept is still important today? How could we best practice something like the Sabbath?

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**Psalm 23** <sup>1</sup>The LORD is my shepherd; I shall not want. <sup>2</sup>He makes me to lie down in green pastures; He leads me beside the still waters. <sup>3</sup>He restores my soul; He leads me in the paths of righteousness for His name's sake. <sup>4</sup>Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. <sup>5</sup>You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. <sup>6</sup>Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

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**Monday**

Psalm 23 describes God as a shepherd. If you were to use a more modern-day analogy for God, what would you call Him, *The Lord is my* \_\_\_\_\_?

**Tuesday**

What do you consider to be your “green pastures” or “still waters”?

**Wednesday**

Meditate on doing things “for [God’s] name’s sake” (v. 3). What do you do to remain on the path of righteousness?

**Thursday**

List some things about God that comfort you (v. 4).

**Friday**

Do you consider God’s provisions as “running over” (v. 5) in your life? What are some things that you can do to encourage this?

**Saturday**

Having God’s “goodness and mercy” (v. 6) is a great way to live. How would you describe it in action in your own life?

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