

# Keeping Your Soul Sane *in Seasons of Change*

## Keeping Your Soul Sane

In seasons of change, it's good to remind ourselves who God is and who we are.

### Discussion Questions

1. **Read Psalm 23** aloud and answer the questions below.
2. Shepherds give sheep what they need. What are some ways you feel God gives you what you need? How would you describe the phrase “he refreshes my soul” in verse 3? Are you in a season where you’d say your soul is in need?
3. From verse 4, are you in a season when you are walking through a valley? If so, how is it helpful to know God is with you? How can that give you courage?
4. An enemy is someone or something robbing you of something from life. Who are your particular enemies right now? What is God offering to help you?
5. Do you feel like you can really call God your shepherd? Why or why not?
6. Many times we want clarity for what is next in our lives. How do you handle it when that clarity is not there?

#### **Psalm 23: A psalm of David** (NIV)

<sup>1</sup> *The Lord is my shepherd, I lack nothing.*

<sup>2</sup> *He makes me lie down in green pastures,  
he leads me beside quiet waters,*

<sup>3</sup> *he refreshes my soul.  
He guides me along the right paths  
for his name’s sake.*

<sup>4</sup> *Even though I walk  
through the darkest valley,  
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 overflows.*

<sup>6</sup> *Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord forever.*