

Renew - Week 2

Look Back:

How did thinking about an area of your life that needs transformation impact you this week?

Look Up:

Read [Psalms 23](#)

1. Why do you think that David means when he refers to God as "his shepherd"? What does this say about David and his relationship with God?
2. Try to describe in your own words the things that David says God does for him. What does this say about God and his relationship with David?
3. Which verse or phrase from this passage is most encouraging to you? Share a time when this helped you see something in a different light.
4. Which verse or phrase from this passage is most challenging for you to believe or accept right now? How might focusing on God's provision change your thoughts and feelings?

Read [Philippians 4:4-9](#)

5. What do these verses say about God? How is this similar to or different from David's description of God in Psalm 23.
6. Based on these verses, what impact does prayer have on our hearts and minds? Have you ever experienced this?
7. In verse 8, Paul lists several things to "think" about? How easy is it for you to think about these things only? What makes it easier or more challenging for you personally?
8. How does verse 9 relate to the other verses in this passage? Specifically, what does it have to do with what we pray for or think about?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

Identify an area where you need restoration. How will you rest in Him, restore your soul and heal? What will you fix your thoughts on this week?

Notes

What we've been through this week is hard. With any kind of trauma, we feel it and we need to process it - we need time to sit, breathe, restore, recover, renew. Instead of choosing anxiety or fear, transform your thinking by practicing Phil 4:4-9, and the peace of God will guard your heart and mind.