

Discussion Guide

October 5, 2025

The Good Shepherd Week 1

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Main Idea

Psalm 23 opens with a present-tense declaration: “The Lord is my Shepherd, I lack nothing.” When the Shepherd is near, scarcity turns into sufficiency. Because He is present, He provides exactly what we need and protects us in every valley. Our confidence isn’t in circumstances; it’s in our Shepherd who leads, restores, and covers us.

Anchor Passage

“For everything there is a season, and a time for every matter under heaven.” (*series anchor*)

Read Psalm 23 (NIV) – then focus the discussion around Presence (vv 1–3), Protection (vv 4–5), and Provision (vv 1–2, 5–6).

1. I Lack Nothing Because He Is Present

God’s nearness displaces fear and the illusion of lack. The valley may be real, but you are never alone—His presence changes everything.

Read: Joshua 1:9; Hebrews 13:5; Matthew 28:20

Discussion: Where have you recently felt “on your own”? How might practicing awareness of God’s presence (simple breath prayers, Scripture reminders, worship on your commute) shift that moment from anxiety to confidence?

2. I Lack Nothing Because He Provides Exactly What I Need

Sheep don't hunt for green pastures; they follow the Shepherd who leads them there. Provision is often as much about what you didn't lose as what you gained.

Read Matthew 6:8; Matthew 6:33

Discussion: Looking back over the last month, where do you see quiet provision—doors opened, strength supplied, crises averted? What's one way you can "seek first" this week (priority, calendar, generosity) and trust Him for "all these things"?

3. I Lack Nothing Because He Protects Me

The Shepherd's rod and staff bring comfort. Weapons may form, waters may rise, fires may rage, yet they will not prevail because He is with you. Protection is part of His provision.

Read Mlsaiah 43:2; Isaiah 54:17; Romans 8:31

Discussion: What "enemy" feels loud in your life right now—fear, accusation, temptation, opposition? How can you respond with the Shepherd's promises rather than react to the threat?

4. Love in Seasons of Feeling Overwhelmed (Ps. Kris)

Life's burdens can feel crushing, but Jesus invites us to rest in Him. Our love for others shouldn't be reactive, but proactive—pointing people back to God's peace before worry takes over.

Read Matthew 11:28–30; Philippians 4:6–7 (MSG)

Discussion: When you feel overwhelmed, what helps you remember God's greatness and peace? How can you be proactive this week in loving someone who feels weighed down?

SUMMARY

When the Lord is **my** Shepherd, lack does not define me—His presence, provision, and protection do. We follow His lead, receive what He supplies, and rest under His covering. That is why we can say today, not someday: **“I lack nothing.”**

CALL TO ACTION

Release Forgiveness. Begin and end each day with Psalm 23. Pray it slowly, emphasizing “my Shepherd.”

Be Present in Grief. Choose one tangible way to “seek first” (time with God, reconciling a relationship, a step of generosity) and trust Him with the rest.

Listen Intentionally. Give a teenager or young adult in your life the gift of being heard.

Offer Proactive Care. Identify one fear. Counter it daily with Isaiah 43:2 or Romans 8:31.

GROUP LEADER RESOURCE

Season Swap

“Cup Overflows” Gratitude Exercise

- Give each person a small cup and a sticky note.
- Prompt: “Write one way God has provided, one way He’s protected, and one place you sensed His presence this week.”
- As each person shares, drop a few stones/beans into their cup to symbolize “overflow” and have the group respond: “The Lord is your Shepherd—you lack nothing.”
- Close in prayer, inviting those who feel “in the valley” to be surrounded and prayed over.