**May 5**

**Psalm 23:2 “He makes me lie down in green pastures, He leads me beside quiet waters.”**

**Getting to Know You:**

Are you a worrier or an optimist? When was a time that you were filled with worry?

***Read: Psalm 23:1-6*** *(NIV)* ***A psalm of David.***

***1*** *“The Lord is my shepherd, I lack nothing.*

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

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

***4*** *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.*

***5*** *You prepare a table before me in the presence of my enemies.You anoint my head with oil; my cup overflows.*

***6*** *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.”*

1. Looking at verse 2, focus on the word, “make”. Do you see that positively or negatively? Do you like to be made to do something?(For example, did your mom ever need to make you take a nap for your own good?) How did that make you feel?

2. What do the adjectives “green” and “quiet” tell us about our Shepherd?

3. Is it easy for you to let Jesus be the leader in your life or do you find yourself wanting to take the lead?

**Read: Jeremiah 29:1-14** *New International Version (NIV)*

### *A Letter to the Exiles*

***29*** *This is the text of the letter that the prophet Jeremiah sent from Jerusalem to the surviving elders among the exiles and to the priests, the prophets and all the other people Nebuchadnezzar had carried into exile from Jerusalem to Babylon.* ***2*** *(This was after King Jehoiachin[*[*a*](https://www.biblegateway.com/passage/?search=Jeremiah+29&version=NIV#fen-NIV-19638a)*] and the queen mother, the court officials and the leaders of Judah and Jerusalem, the skilled workers and the artisans had gone into exile from Jerusalem.)* ***3*** *He entrusted the letter to Elasah son of Shaphan and to Gemariah son of Hilkiah, whom Zedekiah king of Judah sent to King Nebuchadnezzar in Babylon. It said:*

***4*** *This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon:* ***5*** *“Build houses and settle down; plant gardens and eat what they produce.* ***6*** *Marry and have sons*

*and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease.* ***7*** *Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”* ***8*** *Yes, this is what the Lord Almighty, the God of Israel, says: “Do not let the prophets and diviners among you deceive you. Do not listen to the dreams you encourage them to have.* ***9*** *They are prophesying lies to you in my name. I have not sent them,” declares the Lord.*

***10*** *This is what the Lord says: “When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place.* ***11*** *For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.* ***12*** *Then you will call on me and come and pray to me, and I will listen to you.* ***13*** *You will seek me and find me when you seek me with all your heart.* ***14*** *I will be found by you,” declares the Lord, “and will bring you back from captivity. I will gather you from all the nations and places where I have banished you,” declares the Lord, “and will bring you back to the place from which I carried you into exile.”*

**Watch:** Jeremiah 29:11 is NOT about You, It’s About Us

<https://www.youtube.com/watch?v=P7sBg_BbP5c>

4. Where have you seen Jeremiah 29:11?

5. Why is it important to know that the “YOU” is plural? Is this verse a blank check to be healthy, wealthy, and wise or is it something different?

6. Jeremiah 29:10 said that the Israelites would need to wait 70 years to see the promises fulfilled. What role does patience and steadfastness play in our peace?

7. What is our future hope? How does this bring shalom/peace?

8. How does Psalm 23:2 tie together with Jeremiah 29:11?

**Application:** This week, if possible, try to do one of the following --

* Worship God with one of these songs: “Savior, Like a Shepherd Lead Us”, “He Leadeth Me” or “Shepherd” by CityAlight

<https://www.youtube.com/watch?v=xMxfBbr2FTM>

* Try to go to a “green pasture” or a “quiet water” to spend time in nature to read Scripture adn to pray
* Take a nap and rest in your Savior’s care and providence.