



ANGEL MINISTRIES

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Centering Down in Jesus

Read Psalm 23:1-2

I. FOR REST

- Who is the Shepherd in Psalm 23:1? See John 10:11, 14.
- What do you think the green pastures represent in v. 2? Compare John 21:17 with John 6:35, 63.
- What is implied by “lying down” in the green pastures? How can the Shepherd make you lie down in them?

II. FOR REFRESHMENT

- Drawing from your personal experience when you are hot, tired, and thirsty, what does water mean to you?
- What do the quiet waters represent in v.2? See Jeremiah 2:13; John 4:10, 13-14; and Revelation 7:17.
- What practical things will you do to intentionally center down in Jesus in order to maintain a rested, refreshed spirit in 2011?