

The Week in the Word

Topical Worksheet: “Finding Quietness”

Passage: Psalm 23
Study Period: July 7-11 (after Msg.)

Sermon Dates: July 5-6
Link Group Meetings: July 7-11

This study is different, in that it expands on the message already given on July 5-6. It further explores the concept of Finding Quietness, as discussed in the sermon. It is a study of Psalm 23.

As you read the biographies of famous people who really did a lot for the kingdom of God, you find that **somewhere in their lives there was a place of quietness, where God nourished them and guided them. In the weekend message we looked at How Elijah found that place outside a cave.** King David was another who knew the “blessedness of quietness”, and he shares it with us in Psalm 23.

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1. Read Psalm 23. What are the main images that are used in illustrating the truths of the passage (for example, running, boating, horseback riding)? Just list them.
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2. Because God is His Shepherd, David finds contentment (“I shall not want” – 23:1). What does the word contentment mean, and how does it relate to, or produce “quietness”?
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3. In which areas of your life do you find it most difficult to be content? How does that reflect on your relationship to the Shepherd?

4. The second thing David says is “He makes me lie down in green pastures” (23:2). What would a sheep naturally want to do in a green pasture?

5. Why is so difficult for us to slow down and let go of our busyness?

6. The next thing David says is that: “He leads me beside still waters.” What kind of things does this bring to mind, and how does it relate to inner quietness?

7. What happens when we allow the Lord to lead us to the still waters (verse 3.)? What do you think this means, and in what areas of your personal life do you think you need this?

8. In Isaiah 30:15, what two things give spiritual strength? Why do these things give us spiritual strength?

9. What **can** you do at the beginning, middle, and end of the day today or tomorrow to practice the discipline of “quietness” or “slowing”? What **will** you do, and where will you do it?