



# SMALL GROUP STUDY GUIDE

June 12, 2022  
"Seasons of Change"



## OPENING PRAYER

Heavenly Father, we pray that you would show us the path. But when you don't, we pray that we'll have the courage to trust. The ability to fix our eyes on you, no matter how big the shadow is. That we'd be able to trust the shepherd, even when we're in the valley. That we'd remember that you are with us. And that means everything to us. I pray that we would look to you with everything we have, even when it doesn't seem clear. We pray all this in the powerful and matchless name of Jesus. Amen.

## SCRIPTURE PASSAGES

### Psalm 23 (NKJV)

*The Lord is my shepherd;  
I shall not want.*

*<sup>2</sup>He makes me to lie down in green pastures;  
He leads me beside the still waters.*

*<sup>3</sup>He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.*

*<sup>4</sup>Yea, though I walk through the valley of the shadow of death,  
I will fear no evil;  
For You are with me;  
Your rod and Your staff, they comfort me.*

*<sup>5</sup>You prepare a table before me in the presence of my enemies;  
You anoint my head with oil;  
My cup runs over.*

*<sup>6</sup>Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the Lord  
Forever.*

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## INTRODUCTION

Someone once said “the only thing constant is change.” Change is hard, but we all go through it in various seasons of life. So how do we get through times of change and keep sane in the process?

In seasons of change, it's good to remind ourselves who God is and who we are. Psalm 23 reminds us that he is ‘MY’ shepherd. And as ‘my shepherd,’ he walks with me through the difficult times and restores my soul. As his sheep, we should not fixate on the shadow during difficult seasons of change, but fixate our eyes on the Shepherd. And if we can do that, surely goodness and mercy will follow us all the days of our lives and we will dwell in the house of the Lord forever.

## QUESTIONS

*Read Psalm 23 on page 1 aloud and answer the questions below.*

1. Shepherds give sheep what they need. What are some ways you feel God gives you what you need?
2. How would you describe the phrase “he refreshes my soul” in verse 3? Are you in a season where you’d say your soul is in need?
3. From verse 4, are you in a season when you are walking through a valley? If so, how is it helpful to know God is with you? How can that give you courage?
4. An enemy is someone or something robbing you of something from life. Who are your particular enemies right now? What is God offering to help you?
5. Do you feel like you can really call God your shepherd? Why or why not?
6. Many times we want clarity for what is next in our lives. How do you handle it when that clarity is not there?

## FINAL APPLICATION

What is one small step you can do this week to ‘trust’ God with an uncertain circumstance in your life? What can this group do to help?