

# BELPRES CHURCH

## To Rest is to Trust

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<sup>1</sup> The Lord is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures;  
he leads me beside still waters;

<sup>3</sup> he restores my soul.

He leads me in right paths for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley,  
I 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 overflows.

<sup>6</sup> Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

Psalm 23 (NRSV)

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**Discussion Questions:** Please read Psalm 23

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1. Read Psalm 23 in a few different translations (e.g. NIV, The Message, NLT). What sticks out to you in how these verses get translated?
2. Paying close attention to verses 2-3. How has God led you in your life? How do you discern when God is guiding you?
3. Read vs. 2-3 again – how do you prioritize rest in a culture that glorifies busyness?
4. Read Matthew 11:28-30. What does Jesus promise us in these verses? A burden-less life?
5. To rest is to trust. To trust God with our time, our burdens, and our purposes. Discuss ways that you can rest and trust this week – with your time, the things you carry, and the things you are up to.