



Sermon Notes: “He Leads Me”

Psalm 23:2-3

5.17.26

The Shepherd Leads:

- The Shepherd intervenes. He doesn't just suggest rest — he moves the obstacles so it can happen.
- The Shepherd leads us to water we can actually drink from.

The Shepherd Renews:

- The Shepherd restores the whole of who we are — not just our schedule.
 - The Shepherd isn't trying to empty your life — he's trying to make sure your full life isn't a hurried one.
- The Shepherd leads us into paths that honor who He is.
 - You can't follow the Shepherd into right paths if you haven't first let him restore you.

So What?

Move from self-directed busyness → to Shepherd-led fullness.

Formational Question:

What is one thing this week you need to say no to, so the Shepherd can lead you where you actually need to go?

For Study, Reflection, Discussion During the Week:

Life Group ICEBREAKER: On a scale of 1 to 10, how rested does your soul feel right now — not just physically, but in every way? What's the number, and what's the biggest thing driving it?

REVIEW:

Review the sermon notes from Sunday. Was there a particular point that stuck with you? What was it and why did it resonate with you?

READ: Psalm 23:2

• The sermon described our culture as bombarded by rushing water — news, notifications, demands, opinions — coming at us like a fire hose that our souls can't actually drink from. Where in your life is the water moving too fast for you to receive anything from it? What would it look like this week to let the Shepherd lead you to a quieter source?

READ: Psalm 23:3a — "He renews my strength" / "He restores my soul"

• The Hebrew word *nephesh* means the whole person — body, mind, emotions, spirit, will — not just a spiritual compartment. The sermon was honest that for some people right now, "just rest more" is not a realistic answer. If you're in a hard season where a quiet weekend isn't possible, what has the Shepherd used — even a small thing — to restore some part of you? How does the idea that He is creative about restoration change the way you look at the moments He gives you?

• Dallas Willard said, "Hurry is the great enemy of spiritual life in our day." The sermon pointed out that Jesus had a full life but was never hurried — He moved at the pace of His Father. Where does hurry show up most in your life? What does it cost you spiritually when you're living in a constant state of hurry, and what would it take to slow down without everything falling apart?

READ: Psalm 23:3b — "He guides me along right paths, bringing honor to his name"

• The sermon closed with this question: "Are you on a path the Shepherd put you on, or a path you invented and then asked Him to bless?" That's a hard question. As you sit with it honestly — is there something on your plate right now that you know, deep down, the Shepherd didn't lead you into? What's making it hard to step back from it?

DEPLOY:

• Find Your Still Water This Week. Identify one small, specific practice you can do every day this week to let the Shepherd lead you to water your soul can actually drink from — five minutes in a psalm, a quiet moment before the day starts, a short honest prayer in the car. It doesn't have to be long. It has to be real. Tell someone in your group what it is so they can check in with you.

Don't Forget:

- Consider volunteering at VBS this year, June 8th - 12th talk to Shaun for more information
 - Graduation Sunday is next week May 24th!
 - Cove Camp 2026 – Register using the QR code in the bulletin or go to our church website.
 - Meal Train - Consider volunteering to bring a meal to one of our church members in need. Find more information in the bulletin or on the church website.
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Prayer:

*Father, we are more exhausted than we usually admit. We've been moving fast, filling every hour, and calling it productivity — when the truth is, some of us haven't really lain down in a long time. We confess that we've tried to walk paths of faithfulness on souls that were running on empty. We've grabbed at rushing water and wondered why we're still thirsty. Shepherd us. Do for us what only You can do. Make us lie down when we won't do it ourselves. Lead us to water we can actually drink from. Restore the whole of us — not just our schedule, but our minds, our emotions, our relationships, our will. And for the ones in this room who are in a season where rest feels impossible — the ones caring for someone, the ones holding everything together — meet them where they are. Remind them that You are creative about restoration, and that the absence of a vacation is not the absence of Your presence. Lead us onto paths we didn't choose for ourselves. Paths that honor Your name. And give us the courage this week to say no to one thing, so we can say yes to wherever You are leading. We trust that a Shepherd who stakes His name on our path will not lead us off a cliff.
In Jesus' name, Amen*