



### *Psalm 23 (NIV)*

*1 The Lord is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

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### Theme

God's comfort steadies our hearts and guides our steps, even in life's most uncertain valleys.

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### Biblical Comfort

- Biblical comfort is the assurance of God's presence, care & protection.
- It begins with who the Shepherd is, not how difficult the path feels.
- It flows from the truth that God is near, attentive & tender toward His children.

*11 He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young. (Isaiah 40:11 NIV)*

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### Biblical Comfort

- Biblical comfort reminds us that God provides everything we need.
- God leads, restores, protects & sustains us (moment by moment) - His care is personal, not distant. (Psalm 23:1)
- It assures us that God walks with us through every valley.
- He does not send us into hardship alone - He accompanies us.

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### Biblical Comfort

- God's presence removes fear & strengthens courage. (Psalm 23:4)
- God's comfort restores weary hearts – He renews strength, refreshes hope & brings peace where anxiety once lived. (Psalm 23:3)
- It reminds us that God's guidance is trustworthy - He leads us on the right path, even when we cannot see the way forward. (Psalm 23:3)

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### Biblical Comfort

- Biblical comfort is an act of worship - Resting in God's care draws our hearts toward Him.
- It lifts our eyes from fear to the Shepherd who never leaves us. (Psalm 23:6)

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RECENTERS OUR HEART ON  
GOD'S CHARACTER  
**A PSALM OF COMFORT**

*Psalm 23*

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### Comfort Recenters Our Heart on God's Character

- God's comfort flows from His unchanging character - He is good, faithful & attentive to every detail of our lives.  
***5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.***  
***(Psalm 100:5 NIV)***
- It pulls our attention away from fear & toward His presence.  
***3 When I am afraid, I put my trust in you.***  
***(Psalm 56:3 NIV)***

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### Comfort Recenters Our Heart on God's Character

- God's comfort reminds us that He is still leading our story.
- God is not finished with us - His care continues day by day.  
***6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. (Philippians 1:6 NIV)***
- It helps us see blessings we often overlook.  
***5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.***  
***(Psalm 23:5 NIV)***

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### Comfort Recenters Our Heart on God's Character

- God's comfort strengthens trust when answers are slow - He renews strength for each step, not all at once.  
***31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.***  
***(Isaiah 40:31 NIV)***

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### Discussion Questions

- How has God's comfort steadied your heart during difficult days?
- What part of Psalm 23 speaks most deeply to your current season?
- Where have you seen God guiding or restoring you recently?

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REFRAMES OUR CIRCUMSTANCES  
A PSALM OF COMFORT

*Psalm 23*

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### Comfort Reframes Our Circumstances

- God's comfort doesn't remove hardship, but it changes how we walk through it.
- Jesus has already overcome what threatens to overwhelm us.

***33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV)***

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### Comfort Reframes Our Circumstances

- God's comfort shifts us from "Why is this happening?" to "Who is walking with me?" - He works for good even in the valleys.

***28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28 NIV)***

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### Comfort Reframes Our Circumstances

- God's comfort protects our hearts from fear & bitterness. (Psalm 23:4)
- It opens our eyes to God's mercy in each new day.

***22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. (Lamentations 3:22-23 NIV)***

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### Discussion Questions

- How has God's comfort helped you carry a difficult circumstance differently?
- What small provision from the Shepherd have you noticed this week?
- Where do you sense God working for good in a situation that still feels unresolved?

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### RENEWS SPIRITUAL STRENGTH A PSALM OF COMFORT

*Psalm 23*

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### Renews Spiritual Strength

- A comforted heart is harder for discouragement to overwhelm.
- God's joy strengthens us when our own strength fades.  
*10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." (Nehemiah 8:10 NIV)*

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### Renews Spiritual Strength

- God's comfort fuels worship even on ordinary days.  
*1 I will extol the Lord at all times; his praise will always be on my lips (Psalm 34:1 NIV)*
- It softens our hearts toward others - When we rest in God's care, we can extend compassion more freely.  
*32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32 NIV)*

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### Renews Spiritual Strength

- God's comfort builds resilience for long seasons of caregiving or challenge.

***9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9 NIV)***

- It reminds us that God is near, not distant.

***18 The Lord is near to all who call on him, to all who call on him in truth. (Psalm 145:18 NIV)***

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### Discussion Questions

- How has God's comfort strengthened you during a weary or discouraging season?
- What ordinary moment recently became an experience of God's comfort?
- How does resting in God's care shape the way you respond to others?

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### Practical Application

- Speak Psalm 23:1 each morning: "The Lord is my shepherd; I lack nothing."
- Notice one moment of God's comfort each day - a quiet breath, a kind word, a peaceful pause.
- Replace one fear with one truth: When anxiety rises, whisper, "You are with me."
- End each day with reflection: "Where did I see the Shepherd's care today?"
- Share comfort with someone else - tell a friend or family member how God has carried you.

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## A PSALM OF COMFORT

*Psalm 23*

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