

Psalm 23:4/5

April 3

Fear and Loneliness
Shame, Disappointment, and Envy

From Panic to Peace

What do you fear?

What is the difference between “rational”
and “irrational” fears?

We often focus on Jesus’ prayer in Gethsemane.

How does recognizing Jesus’ NEED for prayer help you?

Psalm 56:3-4

How does the Psalmist deal with his fears?

How can we follow this example?

Silent Nights and Solitary Days

What is the difference between being alone and lonely?

What is (nonsexual) intimacy?

How can loneliness be a gift from God?

Deuteronomy 31:6-8

What command and promise are given?

Why are they repeated?

What does this suggest for you today?

John 14:16-18

What promise does Jesus give in verse 16?

What promise does Jesus give in verse 18?

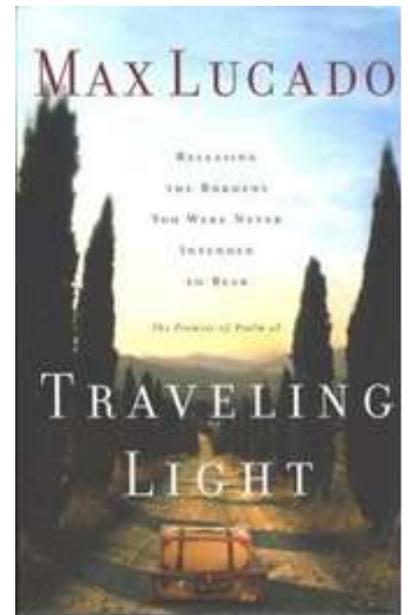
How are these promises being fulfilled for you today?

The Crowing Rooster and Me

Max connects the table and the enemy in 23:5 with the
Last Supper and Judas.

What is similar? What is different?

What is the difference between Peter and Judas and you?



¹The Lord is my shepherd;
I shall not want.
²He makes me to lie down
in green pastures;
He leads me
beside the still waters.
³He restores my soul;
He leads me in the paths
of righteousness
for His name's sake.
⁴Yea, 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.
⁵You prepare a table before me
in the presence
of my enemies;
You anoint my head with oil;
My cup runs over.
⁶Surely goodness and mercy
shall follow me
All the days of my life;
And I will dwell
in the house of the Lord
Forever.

Max compares the Lord's Supper and the breakfast Jesus prepares in John 21. How are they different? How are they the same?

I Corinthians 11:27 contains a warning against receiving the Lord's Supper in an "unworthy manner". Max tells a personal story of shame (almost) keeping him from the Lord's Supper. What does it mean to be "worthy/unworthy" to receive?

Slippery Sheep and Healed Hurts

How is disappointment leading to bitterness like a wound leading to infection?

Max writes "disappointment is a missed appointment. What we hoped for didn't happen." And "A large portion of our problems are not lion-sized attacks, but the day-to-day swarm of frustrations." What "little things" are most frustrating – and most likely to lead to disappointment and bitterness?

Max gives a three step process for healing: Go, Bow, Trust. What do these steps look like in everyday life?

Romans 5:1-5

How do we receive peace with God?

What benefit is this peace?

How can we ensure the connection from suffering to hope (3-5)?

Why does hope not disappoint (5)? What does this mean for everyday life?

Jam Session

What do Christians often envy about our non-Christian neighbors?

What do Christians have that our non-Christian neighbors do not?

Which is temporal and which is eternal?

What does God give you "enough"? What does God give you "overflowing"?

James 3:13-4:5

Where does envy come from? (3:15)

What comes along with envy? (3:16)

What causes quarrels among Christians? (4:1)

Psalm 23:5 – What is the antidote to Shame, Disappointment, and Envy?