



Psalm 23  
Aug 18  
Psalm 23:5b

Leaders Guide  
(Approximately 60 min)



**Connect** Spend time allowing group members to connect with one another relationally. (5 min)

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**Celebrate** Ask how they've seen God working in their lives since you met last. (or relating to the previous meeting's discussion) (5 min)

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**Coach** Facilitate discussion using the guide below (30 min)

Focus: Healing from Hurts

“You anoint my head with oil;  
my cup overflows.”

Psalm 23:5b

Read through Psalm 23:5b and share a couple of things that stand out to you.

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How has God helped you through challenges in the past?

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Overview:

In the message Sunday we looked at how the Shepherd heals deep emotional wounds and brings wholeness.

Discussion Questions:



Question 1: Can you identify a time when life's challenges brought you closer to God, and how did that experience shape your relationship with Him?

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Question 2: How does the imagery of a shepherd anointing a sheep's head with oil for healing resonate with your own experiences of healing in your life?

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Question 3: How does understanding God as a gracious host who welcomes you with honor and acceptance change the way you approach Him in prayer or worship?

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Question 4: What does it mean to you that God not only accepts you but delights in you, as seen in the overflowing cup imagery?

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**EXPERIENCE:** A time to apply

Here is a spiritual assignment: In your quiet time this week pray and reflect on the main focus.

“The Shepherd heals deep emotional wounds and brings wholeness.”



**Communicate**

Share important information items with your group. (5 min)

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**Care**

Spend time praying as a group. You may want to take specific prayer requests from your team members. (10 min)

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