

Take Courage! Jesus Leads You Beside Still Waters

What do Psalm 23 and John 6 have in common? They both reveal Jesus as the good shepherd who makes us lie down in green pastures and leads us beside still waters. When we stay close to the shepherd, we enjoy his provision and protection. We can take courage and not fear because God is with us! He invites us to feast at His table as one of His own. Our cup overflows with His goodness and mercy. Let's see what God's Word has to say!

Psalm 23

1 The Lord is my shepherd; I shall not want (I lack nothing) 2 He makes me to lie down in green pastures; He leads me beside the still (quiet) waters. 3 He restores (refreshes) my soul; He leads me in the paths of righteousness (in the right paths) for His name's sake. 4 Yea, though I walk through the valley of the shadow of death (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 runs over (my cup overflows). 6 Surely goodness and mercy (love) shall follow me all the days of my life; And I will dwell in the house of the Lord forever.

John 6

10 Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). 11 Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. 12 When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." 13 So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten. 14 After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world." 15 Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself. 16 When evening came, his disciples went down to the lake, 17 where they got into a boat and set off across the lake for Capernaum. By now it was dark, and Jesus had not yet joined them. 18 A strong wind was blowing and the waters grew rough. 19 When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. 20 But he said to them, "It is I; don't be afraid." 21 Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading (they arrived at their destination).

For this lesson, keep the following points in mind.

- Because He loves you, His rod protects you.
- Because He loves you, His rod corrects you.
- Because He loves you, His staff guides you through hard places and even gets you when you stray.

Ask the following questions as they relate to the points above.

1. What can you learn from these verses? Does anything stand out to you? Which verses speak to you the most? Why?
2. What does “I shall not want” mean? What might green pastures and still waters represent? Why would God lead you into a dark storm or valley? In what way does God’s rod and staff comfort you? What does it mean for your cup to overflow? What is God’s final destination or destiny for your life?
3. How does this apply to your life? Is the Lord your shepherd? How does Jesus meet your needs? How can this help you take courage and not fear?
4. What is one big takeaway from this lesson? What insights did you gain? Summarize what you learned in a sentence or two.

Psalm 23 can be summed up with the first half of verse one: "The Lord is my shepherd..." When you make the Lord your shepherd, you can expect the benefits of being under His care, His provision, and protection. With the Lord as the shepherd of your life, you lack nothing and have all you will ever need. God will supply all your needs according to the riches of His glory in Christ Jesus. God wants us to get to the place where we stop looking to worldly solutions to spiritual problems. Instead, our default should be to look to Him. Bring what you have to the Lord. Stop looking at the wind and waves. Don't doubt God. Keep your eyes on Jesus! He will bring you safely home.

References: [Psalm 23](#); [John 6](#); [John 10:10-11](#); [Hebrews 12:1-13](#); [Ephesians 6:12](#); [Matthew 10:28](#); [1 Corinthians 10:16](#); [2 Samuel 9:1-13](#); [Luke 22:19-20](#) [**SPANISH**]