

23 AND•ME

STUDY GUIDE

WEEK 6

" He prepares a
table before me..."

A STUDY OF THE 23RD PSALM

KEY VERSE

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. 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. You prepare a table before me in the presence of my enemies.

- Psalm 23:1-3

Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table... And Mephibosheth, grandson of your master, will always eat at my table."

- 2 Samuel 9.8,10

CONVERSATION STARTERS

1. Has there ever been a moment in your life where the hospitality of another helped diffuse a difficult situation or build a relational bridge with others you were formerly disconnected from? Or, has there ever been a moment where you took the lead in offering this type of hospitality to another? – Describe that moment and the experience of either receiving or giving such a welcoming invitation.

2. What's interesting about the conversation recorded in 2 Samuel, is that Mephibosheth is the grandson of the former king, Saul, who once tried to use his own royal table as a trap to kill David (1Sam. 19:1-3; 20:3). In what ways does David's response of mercy to Mephibosheth deepen your understanding of his confession that the Lord, the Good Shepherd, "prepares a table before me in the presence of my enemies"?

3. According to Matthew, when Jesus wanted to help his disciples understand what his impending death and resurrection would mean, he didn't give them a theory, he prepared a table and gave them a meal. In your opinion, what is significant about Jesus' actions? How do his actions help clarify his invitation to "faith"?

4. Reflecting on these passages, how does the image of the table enrich your understanding of Jesus' love for you? How does it enrich your understanding of the Christian's call to love our enemies?

5. As you consider these scriptures, what may be one way you sense Jesus inviting you into something more? Do you have any hesitations in responding to his invitation? If so, what are they? - If you feel comfortable, name them in front of your group and then ask the Holy Spirit for help in letting go of what's holding you back, so you can say "yes" to the invitation in front of you.

HEAR - SAY - DO

Step 1 - As a group, read aloud the verses from Psalm 23 and John 10 one more time (preferably in a few different translations).

Step 2 - Write the key verse that stands out to you, in your own words (Be as creative as you like, as long as it reflects the authentic you)

Step 3 - After having heard and processed the verse, how will it look for you to practice this in your life this week (be specific)?

Pray for one another, or simply spend a time resting in God's presence who is with us and in us. It may help to play some music or even a Psalm 23 inspired worship song to do this.



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