



PSALM 23:5

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows

1. Continue to say the entire verse and then try writing the verse out without looking!
2. Looking back can you see how He has gone before you to prepare and enable you to be where you are today? Reflect with a heart of gratefulness for what He has done.
3. What areas do you need direction in today? Do you have paths which seem unclear and in need of some guidance? Write them down. Remember he has the table and paths set up!
4. Who are your enemies? What comes to mind when you try to name your enemies?
5. God as our shepherd takes us in and feeds us during difficult times. In what ways does God nourish you in hard times? In a sense, the enemy is the difficulties that we face and God cares and meets our needs in the midst of them.
6. Have you ever considered that perhaps the enemy might be invited to dine with you? What might that mean to us as a community of faith? Read Proverbs 25: 21, 22
7. Matthew 5: 43-48. What are some tangible ways that we can LOVE our enemies?
8. What are reasons that one's head was anointed with oil? Look up 1 Samuel 10:1, 16:11-13, James 5:14, Isaiah 61:1-3 and Hebrews 1:9
9. What are some irritants in our lives and how might God anoint and protect us from them. Take time and write out the irritants and ask for Specific protection.
10. Imagine how soothing it would be for the sheep to experience oil on their wounds and sores. —it would definitely bring a feeling of gladness and joy. What brings you joy? Read Psalms 4:7-8 and Psalm 21:6.
11. A theme in Psalm 23 is the image of abundance in the midst of adversity. God's presence guides us through. And now our cup is overflowing, though we have discomforts and illnesses beyond any doubt Psalm 23 is full of HOPE. Celebrate hope this week by reading these truths and write down what comes to mind after reflecting on them
1 Chronicles 16:23-29
Nehemiah 8:10
Psalm 4:7-8
Psalm 96: 11-13
John 15:9-14
2 Corinthians 8:1-7
1 Peter 1:3-12



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This weeks Prayer:

Lord, You alone can bring into order the unruly wills and afflictions around us. Grant my family grace to love what you command and desire what you promise. Among the swift and varied changes of this world our hearts may be fixed on where TRUE joy is found. Help us with the struggles that distract us from joy. Lord please continue to increase my desire to pray and seek your face, show me how to be still in your presence and sustain me with your presence in every circumstance!

In Jesus Name I pray, AMEN