

**SERIES: STILL WATERS**

**TITLE:** He and Me

**SPEAKER:** Bryon Mengle

**DATE:** May 2-3, 2020

*“God was all over social distancing before there was social distancing. In order to gain our full attention, He leads us away to have time with Him. Time for restoration. He restores my soul.” – Bryon Mengle*

**“HE RESTORES MY SOUL.” – Psalm 23:3a**

1. What does it mean to restore something? Give an example of something restored that you/others often think is super cool.
2. Define “soul.” How might a soul that needs restoring be described? What are some ways your soul gets damaged?
3. Pastor Bryon stated that “Soul restoration is necessary maintenance. Not an option.” It is easy to overlook soul maintenance because it is not tangible, like our physical health. What are some indicators that your soul needs restoration?
4. Is your soul “check engine” light flashing? If it is, or when it has in the past, what is it trying to tell you?
5. Our souls need more than rest and relaxation. Because God knows us intimately, He is the only one that really knows who we are and the condition of our individual souls. Only God can restore our soul. What are some ways you allow God to restore you?
6. What does the action of lowercase “s” sabbath – the verb - ask us to do? Moments of little “s” sabbath are critical for soul restoration and not just reserved for uppercase “S” Sabbath. It is important to make time for them. What are some small “s” sabbath moments you intentionally take during your day?
7. Once your soul has been restored, why is it important to lighten the load of others? If you are currently in a place of restoration, who can you reach out to this week to encourage and provide refreshment?

**“HE LEADS ME IN PATHS OF RIGTEOUSNESS....” – Psalm 23:3b**

1. Have you ever followed someone who had absolutely no clue where they are going? If yes, how did that work out for you?
2. Do you agree with the following anonymous quote that Pastor Bryon shared? “Now more than ever people are sheep. Netflix is their Shepherd.” Why or why not?

3. What is your soul's condition for being led? Are you a defiant goat or a willing sheep? And, if you are willing to follow, what are you following?
4. Read Proverbs 4:11. Note it states "paths;" not one path and done. Multiple paths. At times it is easier to be a goat instead of a sheep. What does a sheep's willingness to be guided down pathways demonstrate?
5. How have you experienced the Shepherd's guidance in the past? What situation are you presently facing in which you need His guidance? If willing, please share. Are you allowing God to lead in this situation?

### **"...FOR HIS NAME'S SAKE." – Psalm 23:3b**

1. Did your parent(s) ever have an expression reminding you that you represented the family like "Be a Holbert?" If so, what was it? What did it mean to you to represent your family outside their presence?
2. During the message in the online chat, Rena Marvel (aka 'Bob's Mom') shared, "God's reputation is at stake in my life. I must maintain it and not stain it." As a fellow believer, what does that statement mean to you personally?
3. In the message it was stated, "God leads considering your best for His glory." How has God led you for His name's sake? What has brought Him glory along your path?

### **MISCELLANEOUS**

1. What is one significant truth from Psalm 23:3 that you will take away from Pastor Bryon's message?
2. What would you like to discuss from this message that hasn't already been discussed?

### **PERSONAL CHALLENGE**

1. Challenge #1 - Continue immersing yourself in the truth that the Lord is your Shepherd. Read out loud or quote Psalm 23 daily.
2. Challenge #2 – For your spiritual health, allow God to restore you. This week examine the health of your soul. What are your gauges trying to tell you? Build time into your daily schedule for one on one time with your Good Shepherd.
3. Challenge #3 – For your spiritual growth, allow God to lead you. Where are you allowing God to lead in your life right now? What area(s) do you need to lean into the gentle leading of your Great Shepherd?
4. Challenge #4 – Intentionally connect with someone else in your small group this week so you can provide refreshment to that person.

*"The Shepherd's message is simple. 'I am right here. Let's walk together.' How can we possibly miss this invitation?" – Bryon Mengle*