Series: Psalm 23
Passage: Psalm 23:2 and Matthew 11:28-30
Sunday: March 8, 2026

This week we will be starting our Lent series, preparing for Easter. Over the next 6 weeks we will take one verse from Psalm 23 each Sunday, seeing how it points us to the good news of Jesus!

Psalm 23:2 (ESV)

2 He makes me lie down in green pastures.
He leads me beside still waters.

Matthew 11:28-30 (ESV)

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

1. Begin your study by reading all of Psalm 23. Write out Psalm 23:2 below. Seek to memorize it. Doing this each week will lead you to memorize all of Psalm 23 by Easter!

2. Why do you think the psalm says "He makes me lie down" rather than "He invites me" or "He allows me"?

3. What is the significance of the green pastures? What might green pastures represent in your life today?

4. What is the significance of the still waters? Where do you experience still waters today? Where do you long for them?

5. What do these two passages teach us about rest?

6. What kind of burdens do people carry today that make Jesus' invitation in Matthew 11 and the words of Psalm 23:2 especially meaningful?

7. How does Psalm 23:2 or the supporting passage help prepare you to celebrate the resurrection of Jesus?