



FRAZZLED

Week 1: Alone

Jehovah Raah – The Lord is My Shepherd

To view the video for this lesson, go to <http://ariseministries.net/frazzled>

As a single mom, you might think God has forgotten about you or turned His back the other way. You'll love Pam Kanaly's story of how when she was a single mother, God unexpectedly revealed His presence by her bedside one night.

1. What images do you have in mind concerning *Jehovah Raah – The Lord is my Shepherd*? How does that comfort you?

2. Describe a time when Jesus – the Good Shepherd – has watched over and protected you as your Shepherd, even when you walked through “the valley of the shadow of death” (as Pam explained it.)

3. Name a characteristic of the Good Shepherd in each verse. Circle which quality of the Shepherd is your favorite.

Isaiah 40:10-11

Matthew 9:36

Matthew 18:12-14

John 21:15



4. The phrase “good shepherd” also implies that there are bad shepherds. How is it possible to tell the difference?

5. Circle the statements that bring you the most comfort from the 23rd Psalm.

- The Lord is my companion/friend at all times. *(The Lord is My Shepherd)*
- The Lord is all I need. *(I shall not want.)*
- The Lord fills my tummy with His care that I might both recline and relax in Him. *(The Lord makes me lie down in green pastures.)*
- The Lord brings me to repentance that I might have fellowship with Him. *(He restores my soul.)*
- The Lord will not forsake me when daily struggles seem more dark and difficult than I can bare. *(Even though I walk through the valley of the shadow of death, I will fear no evil, for Thou are with me.)*

6. Rewrite in your own words the theme verse for this study: Proverbs 18:10.

7. What is God telling you?

Father, I thank you that the 23rd Psalm has likely charmed more heartaches than all the philosophies in this world. Assure me today that you are with me. Enable me at night to lie down in “green pastures” knowing that YOU are my greatest life companion. Let me feel your presence and that your goodness and mercy will never leave my side. I need you. I love you. In Jesus’ name. Amen



Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Share with your group a choice you need to make that will honor God.
5. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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