



## Week 3: Green Pastures & Still Waters

Pastor Stephanie Ehmke – September 13, 2026

### Questions...

1. **Read Psalm 23:2**

When you hear the words “*green pastures*” and “*still waters*,” what images or ideas come to mind? How did Sunday’s message change the way you understand this verse?

2. Sheep won't lie down when they are fearful, hungry, thirsty, threatened, or experiencing friction with one another. Which of those most closely describes what tends to keep you from experiencing rest?
3. The message describes the Shepherd not so much as *forcing* the sheep to lie down but “*settling them down*” by His presence and provision. How does that image affect the way you think about God's desire to give you rest?
4. Green pastures and still waters were actually rare in the environment David knew. What does that teach us about trusting God's provision when the circumstances around us don't look particularly abundant or peaceful?
5. The message also talked about how what we focus on shapes what we notice. Where have you seen this principle at work, positively or negatively, in your own life?
6. David experienced tremendous turmoil yet continued to focus on God's presence. What tends to capture your attention when life becomes chaotic: the circumstances around you or the presence of God with you?

7. **Read Psalm 139:7–10**

What do these verses tell us about God's presence? How might remembering that truth change the way we respond during difficult seasons?

8. Pastor Steph acknowledged that there are seasons when we genuinely cannot feel or sense God's presence, reminding us that ***"God's silence is not His absence."*** Have you ever experienced a season like that? What helped? What do you wish someone had told you during that time?
9. We sometimes seek rest through achievement, possessions, busyness, relationships, entertainment, vacations, or other distractions. What do you tend to look to for rest, comfort, or security before looking to your Shepherd?
10. The prayer Pastor Steph offered to help was simple. ***"I can't see you, but I know you're there."***

What situation in your life right now might require you to pray those words? What would it look like to trust that your Shepherd is still working even when you cannot see what He is doing?

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### ***Closing Challenge***

Before ending your time together...

***Identify one practice or distraction you can intentionally set aside this week to create space to rest in God's presence.***