

# REST FOR THE STRESSED-6

God's Antidote For Your Hurts

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." - Psalm 23:5

"God heals the brokenhearted and bandages their wounds."  
- Psalm 147:3 (NCV)

"My God will meet all your needs according to his glorious riches in Christ Jesus." - Philippians 4:19

The 23<sup>rd</sup> Psalm is a reminder of our Great Shepherd who stands ready to prepare a table of replenishment any time we have great need--even in the presence of our enemies!

## Welcome

*What is one of the most memorable meals you've ever enjoyed?*

## Worship

**Read Psalm 23.** The Psalmist takes up a new metaphor that depicts God as the gracious host of a magnificent banquet. The imagery is inviting: *"All things are ready, come to the feast! Come, for the table now is spread; ye famishing, ye weary come; and thou shalt be richly fed..."*

## Word

1. Everybody has a hurt, although it's different for each. Our problem is that we often respond to hurt in wrong ways. *How do you tend to handle emotional pain--bite the bullet and hope it goes away, seek some sort of escape, wear a mask and pretend it isn't there? What's the problem with each of these responses?*
2. The psalmist expresses his reliance on God's ability to "settle the score" with his enemies. *Why is this an important first step toward allowing God to heal the hurt in your life Romans 12:17, 19)?*
3. The psalmist uses the imagery of oil to depict a God who soothes our wounds and restores our spirit. *Has God used any of the following "bandages" to bind up your wounds--fellowship, prayer, worship, ministry? What other ways has God used to bring healing to your life?*
4. Healing comes in two phases: rest--the "be still" stage, and therapy--the "get moving" stage. *Where are you right now with regard to your hurt? Take time to pray and encourage one another as you need.*
5. The psalmist also speaks of God's ability to satisfy all his needs. *What is significant about the imagery of an overflowing cup--particularly in the middle of a desert? What does this suggest as to God's ability to meet all your needs?*

## Works

Even after you've been totally healed, you often have a scar. If you have a scar, you've got two choices--to remember and rehearse either the hurt, or the Healer. It's your choice. Look for an opportunity this week to share with someone what the Great Shepherd is doing in your life!