

Jehovah Rohi, The LORD is my Shepherd

### Psalm 23

- <sup>1</sup> The LORD is my shepherd, I lack nothing.
- <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,
- <sup>3</sup> he refreshes my soul. He guides me along the right paths for his name's sake.
- <sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.
- <sup>6</sup> Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

"There are some things that you can control and there are other things that you cannot control-choose to conquer your response." **YouVersion Plan Leadership in Crisis**, by Vance K. Jackson (Day 10)

### Facts about sheep

Various temperaments and unique character qualities  
They have many enemies.  
They need constant care and attention  
For sheep to be able to relax they must be free of fear and anxiety.  
For sheep to lie down they must be well fed and watered.

### Six truths taken from Psalm 23

1. We are known to Him
2. Our needs are known to Him
3. He will guide us
4. Life is filled with difficulties; we have an enemy. But the good news is we have a Good Shepherd.
5. He offers protection and provision in the very presence of our enemies
6. We can enjoy the calm assurance that our Good Shepherd is unchanging in his never-ending love for us and his loving kindness with be ours to enjoy simply because he chose us.

**John 10:27** My sheep listen to my voice; I know them, and they follow me.

**Ephesians 1:3-4** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love

# Jehovah Rohi

The LORD  
is my Shepherd

## DAY ONE

Let's begin our study this week by reading David's much-loved Psalm 23 The LORD is my Shepherd in two different versions. Read it aloud at least twice.

| Psalm 23 NIV                                                                                                                                | Psalm 23 NKJ                                                                                                                                              |
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| <i>The LORD is my shepherd, I lack nothing.</i>                                                                                             | <i>The Lord is my shepherd; I shall not want.</i>                                                                                                         |
| <i>2 He makes me lie down in green pastures, he leads me beside quiet waters,</i>                                                           | <i>2 He makes me to lie down in green pastures; He leads me beside the still waters.</i>                                                                  |
| <i>3 he refreshes my soul. He guides me along the right paths for his name's sake.</i>                                                      | <i>3 He restores my soul; He leads me in the paths of righteousness For His name's sake.</i>                                                              |
| <i>4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.</i> | <i>4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me</i> |
| <i>5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.</i>                        | <i>5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.</i>                                      |
| <i>6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.</i>           | <i>6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.</i>                            |

Let's begin by defining the word "shepherd" from this well-known Psalm. The word shepherd is the Hebrew word "ra 'ah" which means, to pasture, tend, graze, feed. Describe in your own words, what David is saying in this Psalm.

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David understood sheep, since he had been caring for them since he was a young boy. He begins his Psalm by declaring the LORD, the One who existed before all, is his shepherd and that he lacks nothing. What do you believe he is trying to make clear by this statement, "I lack nothing?"

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- David understood the importance of a good shepherd and was very familiar with the sacrifice it took to be a good shepherd. What are the responsibilities of a good shepherd?

- Look again at Psalm 23:1-3, and underline the four activities of God in the life of one who is following the Good Shepherd. Write in your own words what it is that God does in order to care for His sheep.

If you have never read Phillip Keller's short book "A Shepherd Looks at Psalm 23," you might consider reading it. He has such intimate insights into what the Psalmist is referring to in Psalm 23. I read this book every year in January. It reminds me of who I am as a sheep of his flock and, more importantly, who He is as my Good Shepherd.

- There is nothing like contentment. It is a beautiful quality to see in others and even more to experience ourselves. After spending time in this comforting Psalm, how will you display your contentment as a sheep of the GOOD Shepherd? \_\_\_\_\_

## DAY TWO

- In verse 3, highlight in yellow the stated reason for God's gracious activities in the life of one of His sheep. Whose reputation is at stake? \_\_\_\_\_

- What two declarations did David make in this short Psalm that revealed his total trust in God? Highlight them in blue in the text, and then write them below.

I will \_\_\_\_\_

I will \_\_\_\_\_

- What is David saying about his relationship to the Good Shepherd by the two statements he made in Psalm 23? \_\_\_\_\_

- In what areas of your life do you see God actively meeting your needs?

Sometimes, we have difficulty seeing God's hand, seeing his shepherding. If you are having trouble read Proverbs 3:5-6.

Proverbs 3:5-6 TPT *Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make. Become intimate with him in whatever you do, and he will lead you wherever you go.*

- Solomon wrote Proverbs to give us the keys to a life God can bless. What is the key mentioned in Proverbs 3:5-6? \_\_\_\_\_

- To what extent are we to give ourselves to this, and why is this so difficult at times? \_\_\_\_\_

This idea of God being the Good Shepherd can be seen even as far back as Genesis. One example is Genesis 28:15, it does not specifically call Him the Good Shepherd, but it does point to God's great love as a shepherd and overseer of the nation of Israel. Jacob is not required to merely cling to the promises made to his forefathers Abraham and Isaac. God gave Jacob some very clear promises. List the promises God made to Jacob and his descendants?

Genesis 28:15 *"I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you."*

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### DAY THREE

As a follower of Christ, the Good Shepherd promises have also been given to us. Underline the promises in the below verses. This is by no means an exhaustive list of the promises Jesus gave to those who follow him. Can you recall any others?

John 6:37-40 *All those the Father gives me will come to me, and whoever comes to me I will never drive away. 38 For I have come down from heaven not to do my will but to do the will of him who sent me. 39 And this is the will of him who sent me, that I shall lose none of all those he has given me but raise them up at the last day. 40 For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.*

John 10:10 *The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.*

John 14:21 *Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.*

Who is leading you? Let's ponder this thought for a few minutes. Have you experienced God's forgiveness and restoration? Have you accepted His free gift of salvation? We cannot see God as Shepherd if we do not see ourselves as sheep. Are you a sheep of His flock? Is the LORD your Good Shepherd? Is he leading you, or maybe you are still trying to lead yourself?

What is one word you might choose to describe David when he wrote Psalm 23? Does this word describe you?

## DAY FOUR

Consider these verses from the New Testament. Highlight the name given to Jesus, and then write the facts you learn about him in the box to the right?

| Scripture Reference                                                                                                                                                                                                                                                                                                                           | Facts about our Shepherd |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| John 10:14 <i>I am the good shepherd; I know my sheep and my sheep know me—</i>                                                                                                                                                                                                                                                               |                          |
| Hebrews 13:20-21 <i>Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory forever and ever. Amen.</i> |                          |
| 1 Peter 2:24-25 <i>He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." 25 For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.</i>                                                    |                          |
| 1 Peter 5:4 <i>And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.</i>                                                                                                                                                                                                                        |                          |

Summarize what you have learned this week about the name Jehovah Rohi, the LORD is my Shepherd. Try to find someone to share what you have learned this week. Teaching others is the best way to retain truth.

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How has this study of Jehovah Rohi benefitted your walk of faith?

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Are you able to lie down and fully relax with confidence in the LORD your Good Shepherd? Describe one example.

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There are few things that get our attention like being thirsty. When we are thirsty, we become distracted, restless, and we are easily agitated. Do you feel His presence leading you and refreshing your soul?

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Describe His leading and refreshing you.

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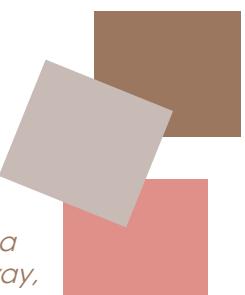
## DAY FIVE

In the book "A Shepherd Looks at Psalm 23" the author shares that even David, a man who had an especially close relationship with God, knew what it felt like to be downcast. David experienced some very difficult trials throughout his life. Times like these can be dangerous to our walk of faith. We are quite vulnerable to the attack of our enemy who is constantly looking for a way to steal, kill and destroy us.

- David knew how important it was for the shepherd to find and rescue a sheep who was down and could not right themselves. When sheep fall over, it is very difficult and sometimes impossible for them to get back up themselves. Are you experiencing a trial that has knocked you over? Are you going through a difficult season or trial? Are you experiencing a new closeness, as He guides you to a life that is lived less for self each day and more for things of eternal purpose? In what area of your life is this showing up?
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A shepherd represents an intimate relationship. A king might do what's best for the majority, but a shepherd is intimately acquainted and interested in each one of his sheep. Read Luke 15:4-6.

Luke 15:4-6 TPT *There once was a shepherd with a hundred lambs, but one of his lambs wandered away and was lost. So, the shepherd left the ninety-nine lambs out in the open field and searched in the wilderness for that one lost lamb. He didn't stop until he finally found it. With exuberant joy he raised it up and placed it on his shoulders, carrying it back with cheerful delight! Returning home, he called all his friends and neighbors together and said, 'Let's have a party! Come and celebrate with me the return of my lost lamb. It wandered away, but I found it and brought it home.'*



- How does our Good Shepherd feel about each of the sheep in his fold?
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- How does knowing this affect how you see yourself? How does it affect your self-worth?
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- For most of us it is not a lack of information concerning our obedience and relationship with our heavenly Father, our Good Shepherd. It is, and I'm sorry to have to say this, our indifference, lack of attention, and even our stubborn rebellion that keeps us at a distance. God wants us to go through life with Him, to walk and talk with Him each day. Are you leaning into Him today? Are you magnifying the name of the LORD with your entire being? Are you living in such a way that God is glorified? Share an example.
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