

## Psalm 23 Self-Care Reflection

This guided reflection based on Psalm 23 will help you to invest in your own self-care before, during, and after serving as a small group leader. You may also want to write some ideas along the way in the Self-Care section of the [Small Group Development Plan](#).

### Read Psalm 23 and Reflect

#### 1. Managing Stress

Verses 1, 4, 5 identify different sources of stress in David's life. What causes you anxiety or stress?

*Don't forget about any big areas of your life, like what kind of stressors pop up in school, family, friendships, work, etc. Are there any seasonal things that add to this?*

What steps can you take to keep these things from happening? When unavoidable, what kind of steps can you take to handle this stress in a healthy way?

*Be realistic with yourself. If you make too many goals, it won't be sustainable. Here are some options to consider:*

- Take breaks from social media and technology
- Take time for rest and fun
- Connect with others
- Know when to ask for help (if stress feels out of control and just keeps ramping up, consider finding a counselor—look for resources that the campus provides, often for free)

#### 2. Connecting with God

Verse 3 highlights how God restores David's soul. How has God refreshed your soul in the past? What are some ways you enjoy connecting with God?

*Think of moments when you felt deeply encouraged, inspired, or intimate with God. What kind of rhythms need to be a regular part of your life? If you're not sure, consider practices like regular prayer, reading God's Word, musical worship, and fellowship with other Christians.*

—<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 & 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 & LOVE** will follow me all the days of my life,

**AND I WILL DWELL IN THE HOUSE OF THE LORD FOREVER**

PSALM 23

### 3. Physical Health

Verse 2 focuses on how important physical rest can be. What kind of physical practices help you thrive?

*How much sleep do you need to actually feel well-rested? What kind of food/diet helps you feel good and avoid being lethargic (pizza brain is real!)? What about exercise or just moving around? What kind of practices do you need to focus on to stay physically healthy? Be specific and realistic.*

### 4. Support and Guidance from Others

Whom can you tell about your goals to help encourage you to keep going and not quit? Set a specific date when you're going to tell them about this. Put a reminder in your phone, so you don't forget.

Who are people that you can look up to for leadership guidance?

*It could be a family member, friend, campus staff, pastor, or anyone who can help you grow in spiritual leadership. Send them a text right now and ask to connect sometime.*

### 5. Putting It All Together

Take a moment to review the ideas you brainstormed. What's the most important one to helping you thrive right now?

*For example, if you're always tired and groggy, it's going to be hard to spend quality time with God or others, so getting good sleep may need to be your top goal. Don't overwhelm yourself with too many goals at once. We want to establish sustainable, healthy rhythms that can last a lifetime.*