

## Leader Notes for Psalm 23

V. 2 – *lie down* – Nestle deeply in the tall shoots of his love and there you will find rest. For sheep to sleep, everything must be just right. No predators. No tension in the flock. No bugs in the air. No hunger in the belly. Everything has to be just so. Without a shepherd, they can't rest. (Safe in the Shepherd's Arms - Max Lucado)

V. 3 – *restores my soul* – Cast down is an old English shepherd's term for a sheep that has turned over on its back and cannot get up again by itself. A "cast" sheep is a very pathetic sight. Lying on its back, its feet in the air, it flays away frantically struggling to stand up, without success. Sometimes it will bleats a little for help, but generally it lies there lashing about in frightened frustration. (A Shepherd looks at Psalm 23 – Keller)