



Psalm 23: Confidence & Bravery in Battle
Lesson 2: Refreshing for Your Soul

1. Introduction and review

We in the previous lesson that David wrote this Psalm in the face of danger as a reminder of his covenant with God.

Psalm 23 is what you need when you are facing an attack of the enemy – you need to remind yourself of your covenant with God!

Psalm 23 was possibly written right before David fought Goliath.

Psalm 23 is all about the relationship of a shepherd with his sheep.

At the time of the story of David and Goliath, David was still a shepherd.

Psalm 23:1

This is the mentality of warfare.

The Lord is my shepherd therefore, _____

In other words, because of who the Lord is (because of His nature and His character) I can count on the fact that certain things will be a reality in my life.

2. Freedom from fear

Psalm 23:2

Sheep will die of dehydration before they will drink from moving waters.

Also, a sheep will not lie down unless they are completely free from fear.

He is saying, “I don’t need to be afraid. My chief and my boss is leading me. He will lead me to a safe place.”

He knows this – Even though he is walking through a trial right now, God is ultimately going to bring him to a safe place!

1 John 4:18

2 Timothy 1:7

Isaiah 41:10

When you are facing the enemy, you must _____ fear to enter your mind.

“I can’t help it. I just worry.”

No! – In Isaiah we are commanded to “fear not”.

We can walk by faith and reject fear because of the next part of that verse – for I am with you.

This again shows us covenant language.

When two parties enter into a covenant many things take place. However, one of the major things declared is this – “Your enemies are now my enemies! When they attack you, they attack me. When they come against you, they come against me. I will fight for you and with you!”

That is why David could kill Goliath. Goliath was not just David’s enemy. He was God’s enemy too.

We must read Isaiah 41:10 with our covenant in mind.

Isaiah 41:10

- _____

This is a command! That means it is possible to reject fear.

- _____

Definition of I AM WITH YOU: I accompany you; I am beside you

This is God’s part of the covenant.

My part is to walk by faith. His part is to walk right beside us!

- _____

Again, we are commanded to have a certain attitude.

What does it mean to “be not dismayed”? How is this different from fear?

Sometimes when we think about a situation too much and ponder it, roll it over and over again in our minds, we allow fear to get a grip.

Definition of BE NOT DISMAYED:

- Do not gaze, inspect, and look in amazement at something.
- Do not be bewildered or perplexed.
- Do not allow anything to cause you to lose your bearings.
- Do not have regard or respect for something above the regard and respect you have for God.

The final definition in that list is the definition of fear!

When we regard or respect the words of enemy or circumstances, we find ourselves in above the Word of God and our covenant with Him, we end up living in fear.

God promises that he will do three things for us in this verse – strengthen us, help us, and uphold us.

Reminder – We are looking at this in light of being in battle against our enemy.

Definition of STRENGTHEN:

- _____
- Fortify
- Harden
- _____
- Prevail
- Make strong
- _____
- To make immovable

Definition of HELP:

- To surround
- _____
- To help or give assistance in a time of difficulty

Definition of UPHOLD:

- To sustain
- _____
- To maintain
- _____

If we will not give into fear and choose to walk by faith – God will cause us to win!

3. Not only does God promise to be by your side, but He will also bring refreshing to your life!

Psalm 23:3

The “soul” in this verse represents, not just your mind, but the total person – your life.

Psalm 23:3 – The Message Bible

True to your word, you let me catch my breath and send me in the right direction.

Definition of RESTORES:

- To recover
- To renew or refresh
- _____

It means that God revives and reinvigorates my life when it is exhausted and weary. God renews me and refreshes me when I am weary from the battle.

It is important for your soul to be right before going into battle.

3 John 1:2

Prosperity in life begins with _____

The children of Israel needed to bring their souls from poverty to prosperity before taking the promised land. Their thinking was not correct, and it led to an entire generation dying in the wilderness.

Numbers 13:30-33

It was going to take faith to conquer the Promised Land. But the people allowed fear to enter their souls.

This same Hebrew word translated “restores” is used in another place in the Old Testament . . .

1 Samuel 30:1-4

David needs to fight a battle and allow God to restore his soul!

1 Samuel 30:5, 6

This is a powerful truth.

In the natural, nobody was in the mood to go to war. David and the people were grieving. However, David strengthened himself in the Lord.

In the Hebrew this literally means David “fastened” himself to the Lord.

1 Samuel 30:6 – New International Version

But David found strength in the LORD his God.

He fastened himself to God and God gave him strength.

How do you do that? – _____

He rejected fear and began to walk by faith. Then the Lord began to guide Him!

1 Samuel 30:7-19

The word “recovered” is the same Hebrew word found in Psalm 23 – _____

What does this mean?

- If you remain in faith and reject fear, God will not allow the enemy to take anything.
- If it looks like you lost anything at all, He will restore it all to you.

Another example of this Hebrew word is found in the life of Abram.

Genesis 14:14-16

“Brought back” is the same Hebrew word as “recovered” and “restore”.

This is God’s covenant with you. If you will reject fear and walk by faith, God will restore everything the devil has stolen from you