

# GOAT

GREATEST OF ALL TIME

A 6-WEEK STUDY GUIDE

**2**

**GREEN  
PASTURES  
AND QUIET  
WATERS**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

What fictional world or place would you want to visit? What would you do if you could spend a day in that place?

**Play the *“Session Two: Green Pastures & Quiet Waters”* video lesson.**

What stood out to you from the video?

He makes me

**LIE DOWN**

*in green pastures*

**HE LEADS**

**ME BESIDE**

*quiet waters*

Psalm 23:2

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

**Read Psalm 23:2**

1. What place in this world makes you feel safe and secure? Why does that place give you a sense of security? How does your personality change when you are in that familiar place?

2. In Psalm 23:2, we see that the Lord makes us rest in safe places. Why does the Lord force us to rest and replenish ourselves? What happens to us if we do not take time to rest?

3. How does the Lord's guidance actually give us freedom for our lives rather than take it away? How does the security and protection of the Lord give us the freedom to pursue a good life? How does the world pursue a life of freedom outside of the Lord's protection and guidance?

*Read Galatians 5:13-26*

4. According to these verses, what is the purpose for finding freedom in Christ? Why is true freedom only found in this kind of life?

5. In Galatians 5:19-21, the apostle Paul lists a series of sinful acts and teaches that those who live according to them will not inherit the kingdom of God. How do sinful acts like these take away our freedom? How do they imprison us and enslave us?

6. How have you personally found freedom in your life by living more like Christ? How has a Spirit-filled life allowed you to pursue the kind of life you really want? If time allows, share a moment from your life when Christ set you free from something that was holding you back.

## DEEPER STUDY QUESTIONS

*Read John 8:31-47*

7. How does the truth set us free? On the other hand, how does deceit and misinformation keep us captive? What are some of the most effective ways Christians seek the truth about God and this world? Why should followers of Christ always remain curious and seek the truth in all things?

8. In these verses, what kept the Jews from fully believing in Jesus? What beliefs and values kept them from accepting the Son of God fully? In our lives, what beliefs and values keep us from embracing Jesus Christ fully and finding freedom in His truth?

## A MEDITATION FROM PSALM 23

*Each week during this series, we will provide a simple prayer and meditation exercise that you can use either in a group or on your own. Prayer and meditation are excellent resources for developing a relationship of trust with the Father, as well as ensuring we keep our focus on discovering a good life following Him.*

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, feel free to begin.

1

Read the words of Psalm 23:2, "He makes me lie down in green pastures, he leads me beside quiet waters." Repeat those words slowly in your mind. Spend a few moments meditating on the meaning of those words.

2

Imagine you are sitting by a gentle stream, watching a leaf floating on the surface of the water. Pay attention to how it drifts past you, carried by the lazy currents of the stream. Focus on how freely the leaf moves on the surface of the water. Visualize this picture for a few minutes and consider what it reveals to us about a life following the Lord.

3

As you return from that picture, consider this simple prayer to the Father: "You guide me into freedom." Speak this line to the Father over and over, and reflect upon its meaning for you.

4

In order to end this prayer meditation, thank the Lord for the time you spent together and for the freedom He has given you from whatever has imprisoned you. Thank the Lord for His salvation and His forgiveness. Thank Him for the life of freedom He has given to us.

# JOURNAL

*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

What are the parts of my life that I need to get rid of and surrender to God, so that I can find freedom following His will?

# PRAYER AND PRAISE

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

## **Prayer Requests**

## **Praise Reports**