

SHAPE OF A KISS

Discussion Notes

Read through Psalm 23 together. You may want to use this psalm as a meditative exercise, reading through it slowly and allowing the words to speak to us.

How does understanding the 'chiastic structure' - the shape of a kiss - help us get more out of the Psalm?

HE CARES FOR ME.

"The Lord is my shepherd, I lack nothing"

- How have you experienced God caring for you this week?

HE REFRESHES ME

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul"

- What does that look like today? How is God leading you to lie down beside quiet waters?
- What stops us from feeling refreshed?

HE WALKS WITH ME

"He guides me along right paths for his names sake"

- We can often ask the question: "Where is God?". Especially in times of challenge it can feel like we aren't being led well or that God isn't there. Can you relate with that feeling?
- How can we remind ourselves that God walks with us? Is there anything practical we can do?

YOU WALK WITH ME

"Even though I walk through the darkest valley, I will fear no evil, for you are with me."

- What is the importance of the phrase 'even though' here?
- Philip explained that in the darkest valley, the author goes from saying 'he' to 'you'. What does this difference look like? Why is that change important?
- How do we grow in intimacy and what can this difficult time teach us in this?

YOU REFRESH ME

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." Philip explained that the language used here is royal and regal. The author seems to understand that God will provide for him and he can rely on God's blessings even in tough times. How do we do this?

- How can we practice thankfulness for all that we have?
- How can we develop a devotional life that deepens our refreshment from God?
- Do you follow a daily habit of Scripture reading that allows you to 'feast' in God's presence? What is it and how can you develop it in this time of corona?

YOU CARE FOR ME

"Surely goodness and mercy follow me all the days of my life, and I will dwell in the house of the Lord forever."

- Does this promise give you hope?
- How does focusing on our eternal destiny help us through challenging seasons of life?

Philip challenged us to 'level up'; to see the same change in mindset that the author has ; as he discovers intimacy in difficult times he realises the blessing and protection he has. We can use this time to move from a general trust in God (He) into a more intimate relationship with God (You).