

Pitch Perfect



— A STUDY OF PSALMS —



Touching Lives
with James Merritt

PITCH PERFECT

SERIES OVERVIEW

God knew about the benefits of music to help us deal with stress, to be healthier, happier and even holier, which may explain why the largest and longest book in the Bible is a book of songs. They are called psalms, and we are going to dive deep into these psalms as we are currently walking through some of the deepest, darkest, national stress of our lifetimes. Over the next several weeks, we are going to listen to a song that God gave to a shepherd named, David., which I believe could be called “God’s greatest hit.” It is the 23rd Psalm, and it is probably the best-known chapter in the entire Bible. Of the 150 psalms in this collection, the 23rd Psalm is the most popular and best known. It is only 118 words in English, but it is probably the most familiar 118 words in the hundreds of thousands of words that are found in the Bible. I can tell you as I’ve gone back and read this psalm over and over and over, it does make you feel good. It does lower your stress level. You realize there is a light at the end of the tunnel, and these important truths do bring the sunshine from out behind the clouds.

SERIES VERSES

Psalm 23:1-6

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WEEK 1: Listen To The Music

Psalm 23:1

Do you understand what David is saying by using this analogy of a shepherd? This shepherd knows his sheep better than the sheep know themselves. Therefore, Jesus knows you better than you know you. You think you know what you need, but Jesus knows what you need. Jesus knows how to forgive your past. He knows how to frame your present. He knows how to fulfill your future. This shepherd wants to have a personal relationship with you because He loves you. He wants what's best for you, so choose to accept His love and His better plan today.

NOTES

QUESTIONS TO CONSIDER

1. When was a time in your life where Jesus led you through a situation or a scenario when you couldn't see clearly on your own? How did that situation turn out?
2. Can you look back on your life and point to examples of how the Lord looked after you?
3. How would the way you live your life change if you believed that Jesus knew you better than you knew yourself?

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WEEK 2: Rest Easy

Psalm 23:2

3. My Shepherd Gives Me His Rest

When you have that quiet time every day in your life, when you take time to get into the green pastures of God's word and you let the quiet waters of his Holy Spirit flow over you, speak to you, comfort you, and encourage you, when everything else is falling apart around you, you can be at perfect peace resting easy.

When sheep lie down in green grass and lie beside a still stream, they are in the height of their quiet time. It is when they are peaceful, are growing, and getting strength for the journey. That is why Jesus is called "The Good Shepherd," because he knows how to lead us to his green pastures and feed on his word. He knows how to get us to the quiet waters and drink from his spirit. He knows when we do that, we will be resting easy. We will experience this peace that passes all understanding.

Life is like a symphony. In any symphony there are moments of music, but there are also moments of silence. A symphony is simply a series of sounds that is followed by pauses. God knows we need that quiet time every day in our lives, when we just get a Bible, and maybe a notepad, and we go to a quiet place and we feed on the green pasture of his word and drink from the still waters of his spirit, so we won't grind the starter until the battery is dead and we won't run the engine until the tank is dry.

NOTES

QUESTIONS TO CONSIDER

1. Do you start your morning each day by resting with God and spending time with Him?
2. Do you notice a difference in your spiritual growth when your quiet time is consistent, versus when it's more sporadic?
3. What's one way you can adjust your morning routine to prioritize your spiritual health and growth?

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WEEK 3: Restoration Project

Psalm 23:3

you to harm, to hurt, and heartache. When God says “you shall do this” he is trying to take you down a path that will lead you to health, holiness, and happiness.

Here is the great thing about our shepherd. He never gets it wrong. He never misreads the instrumentation on the panel. He never has a faulty compass. He always bats a thousand. He never makes a mistake. He will always guide you to paths that are right for you and best for you.

NOTES

QUESTIONS TO CONSIDER

1. When was a time God lifted you from the wrong path when you were on the way to making a big mistake?
2. Is there a path God is trying to lead you down right now, but you're hesitant to follow Him? What is making you hesitate?
3. What is one verse in Scripture, along with Psalm 23:3, that you can begin memorizing to help you remember God will always lead you down the right path?

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WEEK 6: Now And Forever

Psalm 23:6

Then he tells us our earthly life is going to be full of goodness and love and that no matter what happens to us God will work it out for our good and no matter what we do he will always love us. Then he tells us if the Lord is your shepherd the best is yet to be. You haven't seen anything yet.

NOTES

QUESTIONS TO CONSIDER

1. What are some of examples of God's goodness and love following you and keeping you in line with the Lord's plan throughout your walk with Him?
2. Do you have peace about eternity, or does the thought of it make you anxious?
3. Which verse in Psalm 23 stood out to you the most throughout this study? Write that verse somewhere you can see it every day and begin committing it to memory.

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