

Calvary Chapel Eagle Women's Bible Study

A Shepherd Looks at Psalm 23 – Chapter 10

“Thou Anointest My Head With Oil”

Start each time of study with prayer. Ask God to speak to you personally through this study. Read the whole chapter first then go back and reread it to answer the questions. Some questions may take time, especially the personal ones. It's ok to take a couple of days before you answer some of them. Use the back of the sheet if you need more room.

Finally, we have reached the tableland; so you would think it is a safe place where we can kick back and relax. After the long trek up the valley, shouldn't we be able to take a break? As most of us know, in our walk with the Lord, there is no kick-back time. Our enemy is always looking for a weak spot. If our enemy never takes a rest, neither can we. With the valley behind us, the little irritations of daily living can start to “bug” us. List the little things that have been “bugging” you lately.

How can you apply the following scriptures?

John 16:33:

Psalm 34:17-19:

Next, we will look at the “scab”, those things or people that contaminate our minds. This is why it is so important to have daily time with the Lord in prayer and in His word. There are so many voices speaking lies; we must know the truth to recognize the lies that come our way. What do the following scriptures say about protecting our minds?

Philippians 4:7:

Psalm 1:1-2:

List any worldly sources in your life that can affect or contaminate your mind because they contradict with the word of God. Be it: old friends, books, music, TV, movies, etc. Are you willing to get rid of these influences?

The contamination of our minds can also come from within the church. There are some stubborn, self-serving sheep that have a grumbling, rebellious and judgmental spirit. This can come out in the form of gossip or complaining. What do you do when you come across these kinds of sheep? Do you take it all in, having your mind swayed by a discontented sheep? Do you just believe the complaints or do you do some follow-up to confirm or discredit what they say? Do you try to share the truth in love? Have you been the discontented sheep complaining to others? Read the following scriptures and write down what the Lord shows you.

2Corinthians 13:11:

1John 3:11-19: