

Overcoming Worry

Family Discussion

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Psalm 23:4-5 (NIV) Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

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Discuss

- ▣ Why was the metaphor of the Lord as shepherd a fitting one for David to use?
- ▣ How do the images of the table, the oil, and the cup add to David's description of how the Lord has cared for him?
- ▣ What do you think David meant when he said that his cup overflowed? In what way has God made your "cup overflow"?

3

Pray Together

- ▣ Pray for the dark valley the world and possibly your family is going through in these days.
- ▣ Thank God for His provision and protection
- ▣ Tell God that as a family you are trusting Him for an "overflowing cup" of love and blessing in the coming year.

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