



Scriptures

- **Psalm 23**

23 The LORD is my shepherd,
I shall not want.

² He makes me lie down in green pastures;
He leads me beside quiet waters.

³ He restores my soul;
He guides me in the paths of righteousness

For His name's sake.⁴ Even though I walk through the valley of the shadow of death,
I 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 have anointed my head with oil;

My cup overflows.

⁶ Surely goodness and loving-kindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever.

Other Scriptures

- Psalm 37:25
- Exodus 23:16; 34:22
- Matt. 6:33
- I Kings 17:7-16
- Luke 9:23
- I Tim. 4:7-8
- Isa. 8:12-14
- Matt. 10:28
- Rev. 21:8
- Matt. 17:20
- Phil. 4:19
- John 11:25-26
- Rev. 22:16
- I Sam. 13:14
- I John 4:18

Main Points

- It is important to pray scripture as you read it.
- To read scripture devotionally, read one verse at a time and then pray after every verse.
- If you give the first part of your day to God, the rest of the day will be blessed.
- Law of First Fruits-God wants our "first" and our best.
- Covenant with God to give Him the first part of your day.
 - The goal is to encounter God.



- The goal is to be refreshed in His presence.
- When you're reading the Bible and a verse stands out to you, stop and pray about it.
- We can't control all of our feelings and emotions, but we can control our will.
- God never commanded us to feel a certain way, He commanded us to choose to follow Him.
- Don't let your feelings define who you are.
- Make a covenant with the Lord to give Him the first part of your day.
- The grace of God was given so that you could obey Him.
- The covenant will be something like this:
 - ***Father God, in Jesus' name, by the power of the Holy Spirit, I declare right now, that beginning immediately I'm going to give you the first part of my day. Father, by your grace, I will follow through from here going forward. I covenant _____ minutes of undistracted time with You.***
- God wants you to rise up and break fear off of yourself, because you don't have to be afraid!
 - The Bible tells us over 100 times, "Do not be afraid!"
 - ***Father God, I realize like David, that I am to fear no evil. Father I confess that I have a spirit like David. You have not given me a spirit of timidity, but of love and power, and a sound mind.***
- Fear is not to be tolerated or accepted, we need to declare war against it.
- "I will fear no evil."
- To fear is not fitting for people that are after God's heart.

Discussion Questions

1. Have you prayed Scripture before? If this is new to you, begin today to read aloud the 23rd Psalm and begin to interact with God about what you read. If you are not journaling, perhaps would be a great time to start that practice, noting what is happening to you inside and out.
2. Did the Rabbi hit on some of the fears that you struggle with today? Are there others that he did not mention that you know weaken your walk with God? Make a list and begin to jot down specific scripture that can help you with those fears.
3. Make a record of your covenant with God in giving Him the "first fruits" of your time each day. Sign and date the covenant. As you read, connect what you have read with the specific fears that you have previously recorded. Note also any scripture that specifically stands out to you and use those as springboards of conversation with God, your Father.