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# STRESS BUSTERS

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40 DAYS WITH THE SHEPHERD

## Session 4

### *The Secret to Success*

*"He guides me on paths of righteousness  
for His name's sake."*  
Psalm 23:3b

#### **BIBLE STUDY**

Deuteronomy 30:11-20 is part of Moses' final message to the Israelites to prepare them to finally enter the Promised Land after 40 years in the wilderness. Read the passage then answer the following questions.

1. What does Moses instruct the Israelites to use for guidance? What does he mean when he says this guidance is not beyond their reach? Why does he emphasize that point?
2. What will be the results of following or not following this guidance?

Read 2 Peter 1:3-4

3. What do we gain from our knowledge of Jesus and His great promises? What can these do for you?

Read Matthew 7:24-27

4. Summarize in your own words the point Jesus is making.
5. From the passages you've studied so far, what insights have you gained about how God guides us onto paths of righteousness?

Read Proverbs 3:5-6 then Matthew 14:22-33

6. In what ways is Peter applying the lesson taught in Proverbs 3:5-6?
7. Summarize some of the things you believe Peter learned when he chose to follow Jesus' instruction. How can you apply these lessons to what you will learn if you choose to follow the Shepherd on paths of righteousness?
8. Reflect back on what you've learned from previous sessions about what it means to lie down in green pastures, drink from still waters and practice God's ways for restoring your soul. How does taking those steps prepare you for following the Shepherd on right paths?

9. Now look forward. How will following the Shepherd on paths of righteousness prepare you for the “valley of the shadow of death?”

## **APPLICATION**

1. How strong is your desire to gain God’s guidance and follow it?
2. God’s primary way for guiding us on paths of righteousness is through the Bible. What commitment to studying the Bible are you willing to make?
3. Knowing the paths of righteousness is not the same as following them. We must trust and obey God’s instructions if we are to experience His life flowing into us. By obeying God’s instructions, we put ourselves in a position where we can experience God’s power. Is there an area where you struggle to obey God? Are you willing to make a commitment to the group to grow in this area and ask them for their support and prayers? Here are some areas where believers often struggle, maybe you share one of them: forgiving others, generosity and tithing, taming the tongue, sexual purity or lust, honesty, sacrificially serving, sharing your faith in Jesus with others, loving your enemy, humility.

Don’t forget to use the tool of confession, which you learned about in the last session, to enlist God’s power to turn from a wrong path and follow God’s right paths.

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