

“Surely Goodness and Mercy shall Follow Me...”

Workbook

DAY ONE

1. Each week you have looked at each passage to see what it teaches us about the Shepherd. Today is a reinforcement of what each phrase, up to this point, has taught us. The fact that our Shepherd ensures that goodness and mercy shall follow us is the essence of the Psalm 23. Read and journal

Ps 86:15.

Ps 100

John 3:16

John 10:11

Write down the specific attributes of God that are celebrated in these passages. Then, beside each attribute, write what each has meant to you in your spiritual journey. Take time and be specific. _____

These attributes are the core and essence of our ability to trust the Shepherd. They are the very attributes that drew us to Him and enable us to trust Him with our lives.

2. If you did not believe these to be true could you/would you trust the Shepherd? _____

3. Why are these attributes essential to believing that He can and will ensure that "goodness and mercy will follow" you all of your days?

4. Read and journal

Ps 4:8

Jer 29:11

Luke 1:50

Ro 8:38

Phil 4:6-7

Beside the journal entry for each of these scriptures write down the type of peace the Shepherd provides(ex. "emotional", "spiritual", "physical"...). Write about a time your Shepherd has provided each type of peace for you. _____

Write a prayer thanking and praising God specifically for the attributes you have looked at today. Thank Him for the peace and assurance that they provide in your life. Confess any areas of your that have not reflected your faith in His ability and desire to ensure that “goodness and mercy shall follow” you. Areas of doubt, fear or worry are situations that you need to release into His wise and faithful hands. Ask for the grace and faith to rest in the assurance that He will guide your steps and guard your way. Write down anything He reveals to you during this time.

DAY TWO

1. As we continue to look at the Shepherd and His ability and desire to ensure that “goodness and mercy will follow” you
Read and journal

I John 4:19

Eph 2:3-5

What do these passages say to you about why He chose you? _____

What state were you in when He chose you? _____

Who chose who? _____

How do these scriptures make you feel about your Shepherd and His desire for “goodness and mercy to follow” you?

2. Read and journal
He 4:15-16

Write this scripture in your own word.(take time to elaborate).

How does this scripture relate to your Shepherd and His desire for “goodness and mercy to follow” you?_____

3. Read and journal

2 Ti 1:12

Your faith is grounded in the knowledge that your Shepherd is loving, merciful, faithful... without that firm conviction you could never place your life and eternity in his hands. Write about the “things” that you have committed into His hands and why you are persuaded that He can ensure them.(As always... be specific)_____

Now write down the things that you have not fully committed
to Him (things you continue to attempt to control, worry
about,
fear...) _____

Write a prayer thanking the Shepherd for His faithfulness. Spend time
praising Him for specific ways He has reassured you, comforted you, led
you, fed you...Confess to Him the areas you have not fully committed to
Him and ask Him for the faith to leave them in His hands. Declare to Him
the version of 2 Ti 1:12 (the one you wrote in your own words). Write
down anything He reveals to you during this time. _____

DAY THREE

1. Today we shift and look at what “surely goodness and mercy shall follow me” means to the sheep.

Read and journal

Ro 12:1-3

Phil 2:1-3

The very fact that the Shepherd’s “goodness and mercy” follow you brings with it a responsibility. Based on the passages above, list what the sheep gain and what is expected from them as a result.

Write down some of the times the Shepherd has clearly made “goodness and mercy follow” you. _____

How well are you reflecting that into the lives of those you come into contact with? _____

What relationships/situations do you need to bring into alignment with these scriptures? _____

2. Read and journal

Ps 116:12

Phil 2:1-18

2 Pe 1:3-11

I John 3:16

The “goodness and mercy” that follow you should also describe the impact you have on lives around you. What attitudes/behaviors that you have just read about are you weak in? _____

What relationships/situations is the Holy Spirit convicting you about

as you read these scriptures? _____

What, specifically, is He leading you change or do? _____

Write a prayer thanking the Shepherd for the example He set for you. Praise Him for the sacrifice He made for you and for the “goodness and mercy” it has blessed you with. Confess to Him the areas/attitudes/relationships you have been convicted about. Commit to leaving footprints of “goodness and mercy” in your relationships/interactions with others. Ask Him to give you a heart sensitive to the conviction of the Spirit particularly in your interaction with others. Write down anything He reveals to you or directs you to do. _____

DAY FOUR

1. Yesterday we looked at the responsibility of "goodness and mercy". Today we will look at why we should be growing in this area and what we should be looking for.

Read and journal

Col 3:11-14

Jas 3:16-18

I John 4:19

Why should we be exhibiting God's love and mercy? (hint I Jo 4:19)

How are the sheep described in Col 3:12?

According to Jas 3:17 where does our wisdom come from?

The "goodness and mercy" that should be following us are evidence/proof of the Spirit within us. What are these scriptures saying to you personally?

2. Read and journal
Matt 18:21-34
Gal 5:22-23

List the qualities/attitudes we are expected to reflect as spirit-filled sheep. _____

3. As spirit-filled sheep who are assured that “goodness and mercy shall follow”, how are you holding up your end of making sure that “goodness and mercy follow YOU”? _____

Is there evidence of the indwelling of the Spirit (fruit) in your attitude toward others? _____

What specific fruits are you struggling with? _____

Write down anything that is being laid on your heart? _____

Write a prayer thanking the Shepherd for the gift of the Holy Spirit. Praise Him specifically for being the source of all good fruit. Confess to Him anything the Holy Spirit convicted you about during this time. Commit to submitting the direction and discipline of the Holy Spirit and to actively pursuing a more fruitful witness. Ask Him to show you any areas of your life in which you need to better reflect the fruits of the Spirit. Write down anything He shows you during this time. _____

DAY FIVE

1. This week has all been focused on the “goodness and mercy that follow” you. Let’s spend this last day focused on how well you are applying that knowledge in your life.

Read and journal

John 10:10

What kind of life did the Shepherd die that you might have?

Write this scripture in the form of a sentence with your name in it.

Do you believe that? _____

Does your life reflect that? _____

In what area(s) of your life do you need to apply this scripture?

2. Read and journal

Jer 29:11

What kind of plans does the Shepherd have for you? _____

Write this scripture in your own words with your name in it.

Do you believe that? _____

In what area(s) of your life does this scripture need to be applied?

3. Read and journal

Ro 4:21

The Shepherd has the _____ to do what he
has _____.

Write this scripture in your own words specifically addressed to you.

Do you believe that? _____

In what area(s) of your life does this scripture need to be applied?

Write a prayer praising God for His faithfulness to His Word. Thank Him for the promise of "goodness and mercy". Confess to Him the areas of your life where you have not been claiming and living in the power of the

promises you say you believe. Ask Him for the grace and courage to begin to step out in faith on the power of the promises He has made. Commit to leaving a trail of "goodness and mercy" as you follow where He leads, in full that he is able to keep that which you have committed to Him.

I Know whom I have Believed

*I know not why God's wondrous grace
To me He hath made known,
Nor why, unworthy, Christ in love
Redeemed me for His own.*

Refrain:

*But "I know Whom I have believed,
And am persuaded that He is able
To keep that which I've committed
Unto Him against that day."*

*I know not how this saving faith
To me He did impart,
Nor how believing in His Word
Wrought peace within my heart.*

*I know not how the Spirit moves,
Convincing men of sin,
Revealing Jesus through the Word,
Creating faith in Him.*

*I know not what of good or ill
May be reserved for me,
Of weary ways or golden days,
Before His face I see.*

*I know not when my Lord may come,
At night or noonday fair,
Nor if I walk the vale with Him,
Or meet Him in the air.*