

Psalm 23: A Psalm of David

The Lord is my Shepherd...

Picture the Lord drawing close to you. He calls your name and invites you into His arms. Be still in His presence. Meditate on His unconditional love and care in your life. In what ways has He shepherded you. Thank Him.

I shall not be in want...

Where are you empty? Where are you less than content? Where are pursuing fulfillment in earthly stuff that will never satisfy. Lay those specific areas out to the Lord. Invite Him to fill you...to saturate your hungry soul with His Spirit. Acknowledge and embrace Christ as your Provider. Think of ways He has provided in the past. Thank Him for His faithfulness.

He makes me lie down in green pastures. He leads me beside quiet waters. He restores my soul...

Why are you running? What is keeping your life in overdrive? Give you worries, your fears, your desire to prove your worth, to measure up, give it all to The Good Shepherd. Rest in His arms. Lie back in green pastures and near quiet waters. Acknowledge His presence. Invite Him right now to restore your soul.

He guides me in paths of righteousness for His name's sake...

Thank the Lord for being the guiding force in your life, pure truth that can be trusted. Thank Him for educating you and empowering you to live out behaviors, attitudes and ambitions which lead to an abundant, God glorifying life. Confess and repent in those areas where you have ignored His truth and guidance...where you are off course trapped in sin and behaviors that are suffocating your soul. Thank Him for His forgiveness and unconditional love.

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 staff, they comfort me.

What are you afraid of today? What are you battling alone? Meditate on the words "I will fear no evil, for you are with me." What difference will Christ's presence make in your struggles? Ask Him to lead you through your valley.

You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup overflows.

Praise the Lord for His lavish love. Think of specific ways He has blessed you in the last month.

Surely goodness and love (mercy) will follow me all the days of my life and I will dwell in the house of the Lord forever.

Praise your Good Shepherd for His unending blessings...now and forever. Think about the hope you have of spending eternity in His presence. Express your feelings to Him.