



PSALM 23

Psalm 23

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.
He leads me in paths of righteousness for his name's sake.
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.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord forever.

(New International Version)

Introduction

Psalm 23 is one of the most beloved passages in the Bible. It offers us comfort, guidance, and reassurance of God's presence.

If possible, take a walk and as you walk allow the words of this Psalm to guide your steps, your thoughts, and your prayers. If you are unable to go outdoors, find a quiet spot and engage your creative imagination.

Whether you're walking outdoors or reflecting indoors, let Psalm 23 lead you into a deeper understanding of God's care and love.

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The Lord is my shepherd, I shall not want.

Begin your walk by acknowledging that Jesus is your Shepherd.

A shepherd's role is not just to lead but to ensure that his flock has everything they need - safety, food, water, and rest.

Take a moment to reflect on the ways Jesus has consistently met your needs. Consider not just your physical needs, but also how he cares for your deeper needs - your emotional well-being, spiritual renewal, and sense of purpose.

How has he offered you peace in moments of stress, encouragement in times of doubt, or clarity when the path was unclear?

Reflect on the many ways he sustains you, not just materially, but holistically.

Thank you, Lord, for being my Shepherd.

I acknowledge that under your care, I lack nothing.

When I look back on my life, I see your hand in every provision and I say 'thank you'.

Help me to rest in the assurance that you will continue to provide for my needs, even when I cannot see the way forward.

Teach me to trust you more deeply, to rely on your provision in every area of my life, and to find contentment in what you give, knowing that it is always enough.

Amen.

He makes me lie
down in green pastures.
He leads me beside
still waters.

Look around you.

Take a moment to immerse yourself in the beauty of your surroundings. Notice the green pastures, imagine the gentle flow of the nearby waters. These physical spaces of beauty and calm are reminders of the spiritual rest that Jesus offers you.

In a life filled with responsibilities and demands, he invites you to pause and find rejuvenation in his presence.

As you walk, reflect on how these 'green pastures' and 'still waters' manifest in your own life. Is it during your quiet time with God, a reflective walk in nature like this, or perhaps in meaningful conversations with loved ones?

Consider where Jesus is currently leading you to find rest in this season of your life.

Are there areas where you need to let go of control, surrender to his guidance, and allow him to lead you to a place of deep peace and restoration?

Jesus, thank you for leading me to places of rest and refreshment.

In a world that often feels overwhelming, help me to recognize the green pastures and still waters you provide for me.

Teach me to follow you more closely, to trust in the peace you offer, and to embrace the rest you give.

May I find solace in your presence and learn to carry that peace with me, even when life is challenging.

Lead me, Lord, to the places where my soul can be restored and where I can experience the peace you give me.

Amen

He restores my soul.
He leads me in paths of
righteousness for his
name's sake.

Take a deep breath of fresh air.

Take a moment to reflect on how Jesus brings restoration to your soul.

The Hebrew word for 'restore' in Psalm 23 has two meanings: not only does it signify a return or bringing back to a former state, but it also conveys the idea of refreshing and renewing.

As you reflect on this, thank him for bringing you back to him when you may have strayed or even just wandered away a little.

Remember the times he refreshed you, when you experienced him giving you new strength, energy and peace. Stay in that memory for a moment.

The Shepherd also leads us in 'paths of righteousness'. These paths bring life and align us with God's purpose. He does this not only for our benefit but to uphold his holy name. What are the 'paths of righteousness' he is currently leading you on?

Do they involve your choices, behaviours, or attitudes?

Lord, I come to you seeking restoration for my soul.

Life can leave me weary and worn, but I know that in your presence,
my soul is renewed.

Restore me today, Lord, in the ways I most need. Lead me in the paths of righteousness, not for my sake, but for yours, that my life might reflect your love, your grace, and your truth.

May your Spirit help me make choices that honour you and bring glory to your name.

Amen.

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.

Life often brings us through dark and difficult valleys - times of loss, fear, uncertainty, or pain. These valleys can be overwhelming, but Psalm 23 reminds us that we are not alone in these times.

Jesus walks with us, offering his presence as a source of comfort and protection.

His rod and staff, tools of a shepherd, symbolise his authority and care. The rod can be seen as a weapon to defend us from harm, while the staff is used to guide and direct us.

Reflect on the 'valleys' you have walked through or may be walking through now. How has Jesus shown his presence in these times?

In what ways has he protected you, guided you, or provided comfort when you needed it most?

Jesus, even in the darkest valleys of my life, I know you are with me.

I confess that I often feel fear and anxiety, but I choose to trust in your protection.

Thank you for your rod and staff, for the ways you defend and guide me.

Help me to lean on you more fully when the path ahead is unclear or frightening.

May I find comfort in your presence, knowing that I am never alone and that you are always at my side.

Amen.

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

Picture a banquet table lavishly set, just for you, even in the presence of those who oppose or challenge you. This is a powerful image of God's provision and blessing, even in difficult circumstances.

Jesus doesn't just provide for our needs; he does so abundantly, to the point where our 'cup overflows'.

Reflect on the ways in which your life is overflowing with his blessings.

Reflect on the significance of being 'anointed with oil', a symbol of being chosen, blessed, and consecrated by God. How has Jesus anointed and equipped you for the challenges you face?

How has he filled your life to overflowing, even in the midst of adversity?

Thank you, Lord, for preparing a table for me, even in the presence of my enemies.

I am amazed at your generosity and the abundance you pour into my life.

You have anointed me with your Holy Spirit, chosen me for your purposes, and blessed me beyond measure.

Help me to recognise your blessings, even when life is hard, and to live with a heart overflowing with gratitude and joy.

May I share the abundance you have given me with others, reflecting your love and grace to the world around me.

Amen.

Surely goodness
and mercy shall follow me
all the days of my life, and I
shall dwell in the house of
the Lord forever.

Take a moment to think about the goodness and mercy that have been with you throughout your life.

These are not intangibles - they are real ways God has shown his love and faithfulness to you.

Reflect on specific moments where you've experienced his goodness - maybe through answered prayers, unexpected blessings or the support of loved ones. Think about how his mercy has been present - through forgiveness, second chances, or the grace to keep going after mistakes.

Consider the promise of 'dwelling in the house of the Lord forever'. What does this promise mean to you, and how does knowing you have eternal life with God shape the way you live each day?

Lord, thank you for your goodness and mercy that have been with me every step of the way.

When I look back, I see your hand in everything - both the good times and the difficult ones.

Your presence has always been with me, and your mercy has lifted me up.

As I look to the future, I trust that your goodness and mercy will continue to follow me until I meet you face to face, dwell in your house forever.

Help me to live each day with this assurance, trusting in your care and looking forward to the joy of being with you forever.

Amen.

As you finish your walk—whether it was a physical journey or an imaginative one - take a moment to sit quietly and reflect on what stood out to you from Psalm 23.

What did Jesus reveal to you through these verses? How did these reflections resonate with your current life situation? Consider how you can carry these insights and feelings with you into the day and the coming week.



Thank you, Jesus, for walking with me today.

Your words in Psalm 23 are a powerful reminder of your constant presence, provision, and protection.

As I go forward, may these truths continue to guide and comfort me.

Help me to trust in your care, to find rest in your presence, and to follow wherever you lead.

May my life reflect your goodness and mercy, and may I always live with the assurance of dwelling in your house forever.

Amen.



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