

## Psalm 23

<sup>1</sup> The LORD is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures; he leads me beside still waters;

<sup>3</sup> he restores my soul. He leads me in right paths for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.

<sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

<sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

### **The Shepherd**

By nature, sheep cannot be calm unless they are free from all fear. Sheep are anxious if they sense danger, if there is tension within the flock, if they are suffering from pests like flies and parasites, or if they are hungry. Only the shepherd can provide relief from all these anxieties. Our modern culture is based on industry and technology. We are not as familiar with some of the farming and animal management practices. Therefore, we need to be reminded there is an active relationship between a Shepherd and his sheep. No one knows the sheep better than the shepherd.

In the same way, the Holy Spirit brings us the sense of the Christ to our fearful hearts. We can go confidently and freely through the world because, with Christ, we can move about with no fear. To think that God in Christ is deeply concerned about each of us as a person immediately gives great purpose and enormous meaning to our journey on earth. He brought us into being. We belong to Him because He deliberately chose to create us as the objects of His affection, and we can say with confidence, "The Lord is my Shepherd."

### **QUESTIONS TO CONSIDER**

1. What word or phrase in Psalm 23 is particularly comforting for you?
2. When has God given you a sense of relief from anxieties?
3. What would you do if you could "move about with no fear"?
4. Say aloud together with confidence, "The Lord is my Shepherd." How did it sound?

*Close with Prayer*