

## Psalm 23 Meditation

Notebook: Evernote

Created: 3/21/2020 9:09 PM

Updated: 3/21/2020 9:18 PM

Author: Daniel Harms

---

## Psalm 23 Meditation

from Anne-Marie Condlin

While the Book of Psalms is very popular, Psalm 23 is one of the most popular of them all, making this chapter of the Bible very significant. This chapter is relatable to anyone. It is universal. Expertly written, in a very intelligent and poetic way, this Psalm can help with every trial we will face. By meditating on it, hopefully we will become more aware of the many ways that we are Shepherded by our God.

### First: Read Psalm 23

The LORD is my shepherd;

there is nothing I lack.

In green pastures he makes me lie down;

to still waters he leads me;

he restores my soul.

He guides me along right paths

for the sake of his name.

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 comfort me.

You set a table before me

in front of my enemies;

You anoint my head with oil;

my cup overflows.

Indeed, goodness and mercy will pursue me

all the days of my life;

I will dwell in the house of the LORD

for endless days.

### A Step by Step Guide to Meditation of Psalm 23

#### *Preparing for Meditation*

Consecrate your mind to the Lord. Let Him be the one to rule your thoughts and mind. Let go of the desires you have for your own life and the stresses

that you carry. Surrender what is on your mind in this very moment, to the Lord. Let Him be the one to carry your burdens and hopes.

Be aware of your body. Let your muscles unwind and relax and be mindful of the present. To be mindful of the present, you can notice how your body feels in your clothes and the furniture that you're on. Take notice of your breaths. How do they feel? Are your lungs being filled, or does the breath just pass your throat? Take deep breathes. Listen to your surroundings. Be present with what your body is experiencing, and then offer these feelings to the Lord.

### ***Meditation on Verse One***

The LORD is my shepherd; there is nothing I lack.

During this part of the meditation, take a deep breath and dwell on God. He is your shepherd, He is your provider. Take ease in the knowledge that you do not need anything, but that He has it all for you. Any desires to look elsewhere, other than God, lay aside for the time being. Just be with Him.

The LORD is our shepherd. A shepherd in Biblical times would lay down his life for his sheep, protecting them from danger and death. The shepherd would make sure that the sheep were well taken care of and that they would not wander astray. David, the Psalmist, knew this very well because he was a former shepherd. He would protect his sheep unto death. With God in our lives, there is nothing essential that we lack. How much more will an eternal, all-powerful God protect you?

### ***Meditation on Verse Two***

In green pastures he makes me lie down;  
to still waters he leads me;

This beautiful poetic language applies to you. Exactly wherever you are at in this moment of time. Imagine the green pastures King David is describing, imagine the still waters. Allow your heart to be as peaceful as this image. Invite Jesus into this space of serenity. He is with you. He gently lies you down in a green pasture, and he has lead you to still water. There is peace.

These two images of green pasture and still water offer the meditator an idea of serenity and nourishment. Spiritual needs are met in the pasture where you meet Jesus. It is calm and your spirit is at rest. The still water will nourish your body, for water is the source of life. The shepherd leads you into all good and perfect gifts.

### ***Meditation on Verse Three***

He restores my soul.  
He guides me along right paths  
for the sake of his name

The Psalmist is very clear. Meditate on the pure truth that your soul is being restored. That the Lord sees your soul, and that He is restoring all that is broken. In this meditation, you are being made new.

Not only does the Good Shepherd lead you to peace and nourishment, but now He is leading you to a path of righteousness. He is guiding you by the right path. As you unite yourself to God, He leads you and guides you and you point others to God. You are part of a bigger picture, part of God's love for all humankind.

#### ***Meditation on Verse Four***

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 comfort me

During David's time, the "Valley of the Shadow of Death" was no joke. This was a real valley full of rotting human flesh, infant sacrifice, pagan worship, amongst other horrors.

The beauty here, is that no matter where you find yourself in life, even in your lowest of lows, meditate on this; you will have no fear. Allow yourself to apply this to your own life. But don't stop there. Bring the lows to the Kingdom of God. You do not have to fear evil, because He is with you. He is with you, you are not alone. He is there to comfort you. His rod will ward off attacks of the enemy, and His staff will be used to guide you and lead you to safety.

#### ***Meditation on Verse Five***

You set a table before me  
in front of my enemies;  
You anoint my head with oil;  
my cup overflows.

During this part of the meditation, dwell on this truth;

- Though your enemies are surrounding you, you are safe at God's table.
- You are covered in His oil that a shepherd offers, which protects, heals, and prevents harm done to you. In front of whatever challenges you, God anoints you with oil and to all foes human or otherwise that you are His. God is your friend and you are sealed with His love
- Your needs are seen and taken care of, with more than enough for what you need.
- With God's love our cup overflows. God's love is abundant in our lives. Abundant doesn't mean easy or simple. Abundant means that our lives are lavishly filled with his love and presence. Can you know His presence in the midst of these challenges? How can you see God working in your own heart, your family, our church community, our school, . . .

#### ***Meditation on Verse Six***

Indeed, goodness and mercy will pursue me  
all the days of my life;  
I will dwell in the house of the LORD

for endless days.

God's goodness and mercy are with you. They are following you in the present moment. There is a place for you in the Lord's house. There is room for you. Picture your place in His house, in your own imagination. Imagine what this means by the Psalmist. What did he mean? Ask the Holy Spirit.

Instill into your heart that this truth is valid for the rest of your entire life.

The Lord is my Shepherd, there is nothing I lack

The Lord is my Shepherd, there is nothing I lack