

## A JOURNEY THROUGH PSALM 23

The Lord is my shepherd, I shall not want.

**I want so much, Lord. I desire so many things that promise to make my life easier, fuller or more exciting and meaningful. And yet the “things” of this life do not provide the fullness of life. Give me wisdom to know my wants from my needs. Give me eyes to see the fullness of my life in you. Give me a heart that is willing to journey with the Shepherd.**

He makes me lie down in green pastures.

**Because of you, Lord, my life is fertile. You planted the seed of faith in my heart and you cause it to grow. Everything in my life – the joys, the sorrows, the worries, the discoveries – has been embraced by your love and contributes to who I am today.**

He leads me beside still waters.

**Although there is turbulence in life, your spirit fills me with peace and calm. There is a stillness that you provide when I find myself navigating troubled waters. Protect me from fear, worry and anger when life becomes threatening, that I might enjoy life as you intended it.**

He restores my soul.

**Lord, when circumstances of life threaten to defeat me, you offer healing to me. Even if I question your presence in my life or if worry overwhelms me and I wonder if I can go on, you refresh my soul. In time, you breathe new life into me. You fill me with so much of yourself that the world simply becomes the place where I come to know you.**

He leads me in right paths for his name's sake.

**When I look back at my life and see the choices that I have made, I stand humbled and acknowledge your guidance. I seek your wisdom as I face each day. I ask that you journey with me one step at a time.**

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.

**Challenges will come. They will threaten to take my breath away. But your breath remains. Your Spirit guards my life. You give me hope. You give me peace and the warmth of your Son brings a smile to my heart.**

You prepare a table before me in the presence of my enemies.

**You have invited me to a party in your honor. There is a place for me at your table, in your kingdom. With all the faithful, Lord, you have welcomed me to break bread with you and confess my faith in your love. Those who ridiculed me because of my faith will see your glory in me. Let them see it now so that they might take their place at your table also.**

You anoint my head with oil.

**You have chosen me, Lord, for a holy purpose. You have gifted me to perform your work. You have called me to do your will. Convict me with your Spirit so that I might never betray you and assure me of your forgiveness in the event that I do.**

My cup overflows.

**The words of my mouth are attempts to express what cannot be spoken. My life is so full, so rich that only my heart can sing the praise that you deserve. In my greatest moments of emptiness, Lord, you fill me up. Fill me now with your truth, your Word.**

Surely goodness and mercy shall follow me all the days of my life.

**It doesn't matter where I live, where I work, where I travel, who I am with or how long I walk this earth. If I bring you with me, my journey will be blessed.**

And I shall dwell in the house of the Lord my whole life long.

**May my life be a prayer. May my life be a witness. May my life be my confession of faith in you, Lord Jesus Christ. Amen.**