

Psalm 23: recharging amidst busyness

1. The pasture: restoration after exhaustion

The Lord is my shepherd: I have all that I need. (v1a)

We must be humble enough to see ourselves as sheep.

He makes me lie down in green pastures. (v2, NIV)

Sometimes God has to compel us to rest.

2. The valley: a time of testing

Even when I walk through the darkest valley, I will not be afraid. (v4a)

The shepherd does not lead us out of the valley, or around it; but through.

He is present in the valley, not waiting on the other side.

3. The banquet: celebration & commissioning

You prepare a feast for me in the presence of my enemies. (v5a)

We can find joy even in bad circumstances.

You honour me by anointing my head with oil. My cup overflows with blessings. (v5b)

God is not only about making us feel better, but about equipping and sending us.

4. Gazing into eternity

Surely your goodness and unfailing love will pursue me all the days of my life,
and I will live in the house of the Lord forever. (v6)

In the first half of this verse, God pursues us.

In the second half, we respond by choosing to stay with him.

I will be with him just all the days of my life but forever.