

Psalm 23 Meditation

By Becky Van Valin

Lord Jesus, teach us through your Word to slow down and be filled by you now.....

The Lord is my Shepherd. Be my gentle shepherd Father..... Speak in this quiet time to my heart and mind. Slow me down in your presence.

I shall not want, Father every thing I need is found in my relationship with you..... nothing else can really satisfy me..... you are the lover of my soul.

He makes me lie down in green pastures..... Lord, you desire peace and rest for me..... Allow the Lord to show you places.....where you can find peace... maybe a special place in your home..... or yard..... or garden..... or a park..... or the beach places for rest and peace

You restore my soul, Show me now Father those activities.....or messages ... or people that are robbing my peace and contentment and my ability to be restored in you..... Just quietly allow the Lord to show you these things.....we are taking the time to be quiet and let Him speak to us.....

He leads me in the path of righteousness for His name's sake. We can trust where you lead us, Father.....your love for us is perfect.....we can trust you.

Though I walk through the valley of the shadow of death I will fear no evil for you are with me. Show me Father what I might be fearing in my life....being known, being loved, my past.....slowing down.....You have promised to be with me, there is nothing to fear....

Your rod and staff protect me and give me comfort. You are always with me Father.....comfort me.....help me draw from you everything that I need

You prepare a table before me in the presence of my enemies... Father, You want to give me a banquet of rich spiritual food.....it is prepared.....you are waiting for me to come and eat at your table.....the Lord offers the fruit of his spirit to you.....taste His joy.....His peace.....His gentleness.....His love.....His patience.....His goodness...His kindness.....His self-control....receive at his banquet table the fruit of His spirit

You anoint my head with oil,Lord Jesus.....may I feel the warmth of your hand on my head as you anoint me with your oil.....as you anoint me....my cup overflowsgive me a picture of what my life would look like..... if my cup was overflowing from you.....

Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever.....the things in my life that matter the most are eternal.....you are my destination..... You are my home.....and I will be with you forever..... thank you for being my Shepherd today. Amen