



The Good Shepherd

A Reflection on Psalm 23

Consider reflecting on **Psalm 23** using the method of “**Lectio Divina**” or Sacred Reading. Ask the Holy Spirit to speak to you as you sit with this Scripture today. Below are the steps for a simplified Lectio...

1. Read the passage slowly 1-2 times—as you slowly read, see what word or phrase lifts for you. Pause.
2. Read the passage again. Ask the Lord what he might be saying to you through the word or phrase that has lifted. Pause.
3. Finally, read the passage one more time, and simply rest in the Lord’s love for you.

Feel free to journal about what God was speaking to you from the passage.

Psalm 23 (Message)

God, my shepherd!
I don't need a thing.
You have bedded me down in lush meadows,
you find me quiet pools to drink from.
True to your word, you let me catch my breath
and send me in the right direction.

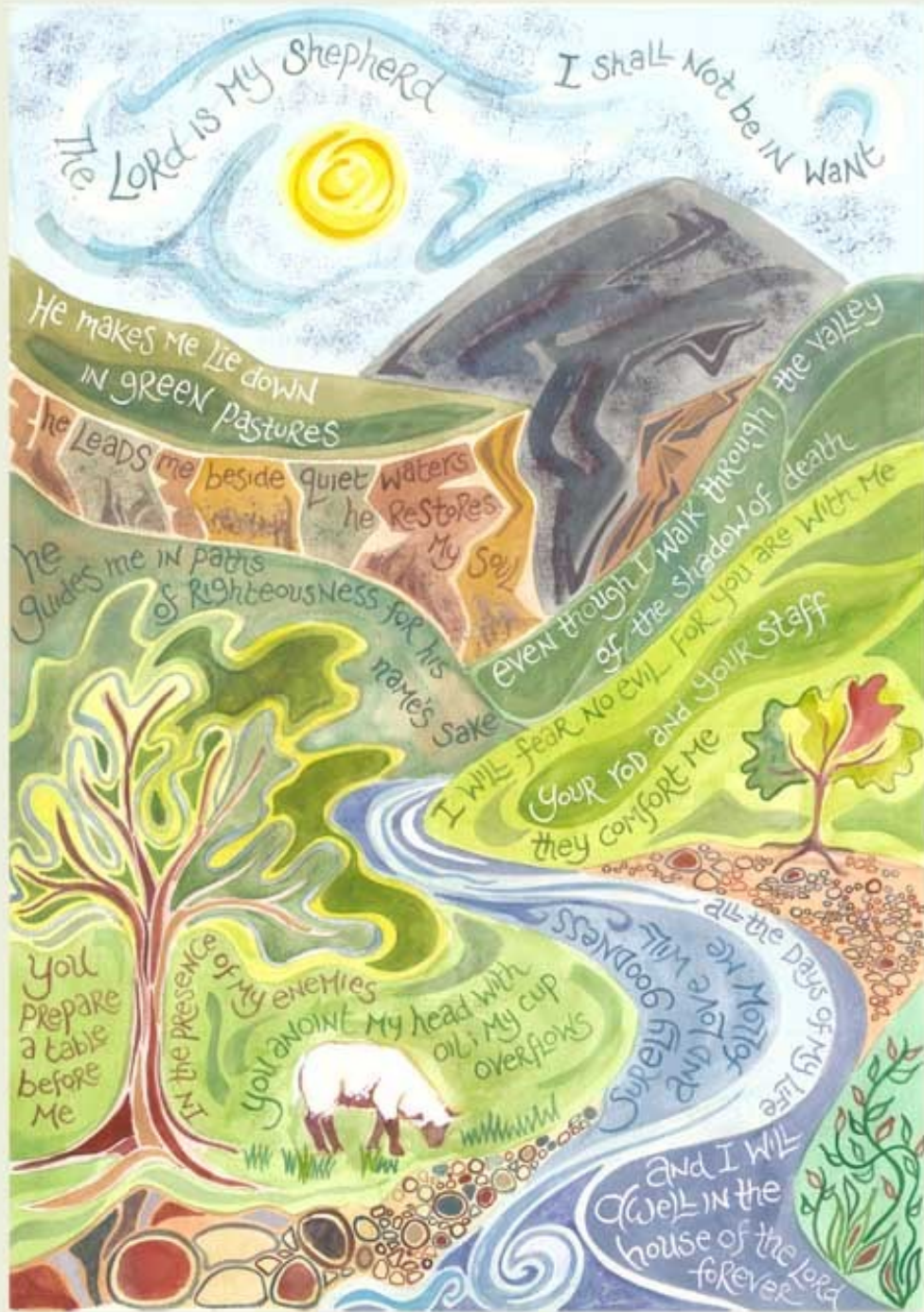
Even when the way goes through Death Valley,
I'm not afraid when you walk at my side.
Your trusty shepherd's crook makes me feel
secure.

You serve me a six-course dinner right in front
of my enemies.
You revive my drooping head; my cup brims
with blessing.

Your beauty and love chase after me every day
of my life.
I'm back home in the house of God for the rest
of my life.

Questions for Reflection:

- Where have you experienced the Lord as a good shepherd over this past season of your life?
- How does God want to refresh your soul in this season? Is there a new word that he has for you? A new direction he is sending you?
- Are there any places of fear that you are wrestling through that you need to experience the safety and security of Jesus? What does His protection and safety look like in this season?
- Ask the Lord, if there are any drooping places in your spirit? Any places of weariness that you have not been aware of? Is there a blessing he wants to give you in place of the weariness?
- What does it look like for you to be at home and at rest in the love of God? Is there an image or picture that God wants to show you about his protection over you?



Psalm 23

hannah dunnett

Consider using this page, for praying in color using Psalm 23, or for journaling!