

HEARTSONG



PSALMS TO *LIVE* BY

†

PSALM 23

PSALM 23:1-4 (NIV)

The LORD is my shepherd, I lack nothing.

He makes me lie down in green pastures,

He leads me beside quiet waters,

He refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk

through the darkest valley,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

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PSALM 23:5-6 (NIV)

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

You anoint my head with oil;
my cup overflows.

Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.

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‘We aren’t people but we are sheeple’.

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PSALM 23:1 (NIV)

The LORD is my shepherd...

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PSALM 23:1 (NIV)

He makes me lie down in green pastures...

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'A Shepherd Looks at Psalm 23'
- W. PHILLIP KELLER.

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1. They need to be free from fear.
2. They need to be free from friction, little skirmishes they may have with other sheep.
3. They need to be free from parasites because they will never be at rest if they are wrestling with such things.
4. They need to be free from hunger. They have to stop feeling they have to move from field to field to find food.

- W. PHILLIP KELLER

“People who struggle with racing thoughts are constantly worried about what needs to be done, what hasn’t been done, and what is next” - “Or they obsess about past, present, or future situations.” - “For example, you replay a conversation with different versions of dialogue, ruminate about an upcoming meeting with your boss or medical appointment, or worry about an unlikely doomsday scenario.”

HARVARD MEDICAL JOURNAL.

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PSALM 3:5 (NIV)

I lie down and sleep; I wake again,
because the LORD sustains me.

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PSALM 23:1 (NIV)

He leads me beside quiet waters.

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JOHN 4:14

‘Whoever drinks the water I give them, will never thirst again’.

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PSALM 23:4 (NIV)

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me,
your rod and your staff,
they comfort me.

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‘There are realms of His presence that can only be experienced in the valley and not in the party.’

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PSALM 23:4 (NIV)

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me,
your rod and your staff,
they comfort me.

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PSALM 23:5 (NIV)

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
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We are anointed where we are intimidated.

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PSALM 23:4 (NIV)

I will fear no evil,
for you are with me...

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I will dwell in the house of the LORD forever.

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Their home was the presence of the shepherd.

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