

# The Lord is my Shepherd.... Reflections on the 23<sup>rd</sup> Psalm

<p>This is taken from the book "God's Psychiatry" by Charles L. Allen. His thesis is that miraculous changes in our lives can be effected if we read and reflect on the 23<sup>rd</sup> Psalm 5 times a day for 7 days. Five suggested times are: at waking, after each meal, before bed.</p>	
The Lord is my shepherd; I shall not want	Instinctively the sheep knows the shepherd has made plans
He maketh me to lie down in green pastures	The sheep must not drink when it's hot, neither when its stomach is filled with undigested grass. The sheep will not eat lying down, so he chews his cud, which is nature's way of digestion.
He leadeth me beside the still waters	The sheep knows it cannot swim in swift current so it will not drink from a moving stream. Shepherds sometimes created little dams to slow water so sheep would drink.
He restoreth my soul	God hears, forgives and restores. God lets us become new, better people!
He leadeth me in the paths of righteousness for His name's sake	Sheep have poor eyes and the fields had narrow paths with sharp precipices - the sheep followed the shepherd with complete trust
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me	The sheep is not afraid, because the shepherd is with it. "The nightingale sings its sweetest when the night is darkest." Henry Ward Beecher
Thy rod and thy staff they comfort me	The sheep is a helpless animal - rod (2'-3' club) and staff (crook for pulling up sheep by the chest) provide security
Thou preparest a table before me in the presence of mine enemies	Pastures had thorny plants plus poisonous plants that would be fatal to sheep if eaten. Shepherd would "weed" the fields prior to taking flock there.
Thou anointest my head with oil; my cup runneth over	Shepherd would stand at the fold and examine each sheep - applying oil to it if there were scratches or injuries. Shepherd would also have big jug and would cup out water for each sheep to drink.
Surely goodness and mercy shall follow me all the days of my life	We have HOPE! As our minds are filled with the pictures of the loving Shepherd leading His sheep, we feel confident He will lead us through the dark valleys
And I will dwell in the house of the Lord for ever	This is David's mighty crescendo of faith!