

Psalm 23

The Journey With God

- Psalm 23 is one of the most beloved passages in the Bible, often recited for comfort and reassurance.
- It begins with the declaration,
- "The Lord is my shepherd; I shall not want,"
- which establishes a personal relationship between the believer and God, portraying God as a caring shepherd who provides for and protects His flock.

- **A personal relationship between the believer and God must start with:**
- **John 3:5-7**
- Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.
- 6 That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.
- 7 Marvel not that I said unto thee, Ye must be born again.

- **1 Corinthians 2:14**

- 14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

- **Romans 8:5-10**

- 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.
- 6 For to be carnally minded is death; but to be spiritually minded is life and peace.
- 7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.
- 8 So then they that are in the flesh cannot please God.

- **We must come to terms with this:**
- **Romans 8:9-11**
- But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.
- **Now if any man have not the Spirit of Christ, he is none of his.**

And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

- But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

- David starts by saying that the Lord is his shepherd.
- Throughout the rest of Psalm 23, he lists how God provides.
- Psalm 23:2
- “He makes me lie down in green pastures, He leads me beside still waters.”
- This is what God does for His people; He provides rest in green pastures and beside still waters.
- Many have lost focus on God, and they see life as a spiritual battle
- True life is about joy and peace in the Holy Ghost

- David experienced this firsthand.
- After he was anointed king of Israel, he spent years running for his life from Saul who refused to step down as king and continually tried to kill him.
- Throughout that time, God continued to guide and direct David.
- He provided rest and nourishment.
- This experience requires
 - Trust
 - Obedience
 - Consistency

Proverbs 3:5-6

Trust in the LORD with all thine heart; And lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

Psalms 23:3

“He restores my soul, He leads me in paths of righteousness for His name’s sake.”

After every setback, disappointment, hurt, failure

Repentance, Restoration, and refreshing are required

The Lord provides spiritual restoration and renews our strength.

After we are restored, He leads us down the right paths so that we do not wander aimlessly.

Take note of the order of events here.

We often work first and rest second.

But God does the opposite. He allows us to rest, to be restored, and then He leads us into what He has for us.

The goodness of God is on full display here.

The question is, do you follow?

Because we are not weary, beat up, hurt, or discouraged
We see and think with clarity.

Psalms 23:4

“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me;
Thy rod and Thy staff, they comfort me.”

The shepherd leads not only to still waters but also through troubled valleys.

His rod and His staff protect us, guide us, and comfort us. He will not abandon us, and He will guide us through it.

The message of the Gospel is not the absence of pain and trials.

Instead, it is a message that God will not abandon us in them.

This Psalm of David reminds us that even in the darkest valley of life, God is still with us, and we can have hope.

John 1:12

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

Psalm 23:5

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

You anoint my head with oil; my cup overflows.”

God is not only providing for our needs but also for our desires.

David says his cup overflows with blessings.

It's not just what he needs—it's more.

What's interesting about this verse is that all this is done in the presence of our spiritual enemies, not in the absence of them. **It's in the midst of conflict that we can find God's provision and His abundant blessings.**

It's in the midst of conflict that we can find God's provision and His abundant blessings.

God does not stop when the enemy attacks; we shift our focus from God to the enemy.

John 10:10

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

We can sit at this table in peace because God is protecting us. We don't have to worry about those things because we serve a God who is bigger, stronger, and who is looking out for us.

You Anoint My Head With Oil Meaning

A common practice in the ancient East by hosts was to welcome guests into their home by pouring oil onto their head.

Oil was refreshing and soothing, just what a tired traveler needed.

Every now and then, we need a fresh anointing.

Isaiah 10:27

And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

When folks start clowning, they have been somewhere, listening to someone, and they have become yoked.

The shepherd is now no longer qualified to lead them.

Jeremiah 23:4

And I will set up shepherds over them which shall feed them: and they shall fear no more, nor be dismayed, neither shall they be lacking, saith the Lord.

Isaiah 53:6

All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on him the sins of us all.

God is constantly looking out for his people's needs.

But he takes it a step further.

He doesn't just offer a cup of water; he offers an overflowing cup.

He gives us more than we need because he loves us.

The meaning of Psalm 23:5 is that God is gracious.

He lavishly pours out his blessings on his people.

Psalm 23:6

“Surely goodness and love shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”

David ends this incredible Psalm by painting a picture of how God’s goodness and love will go with him for the rest of his life.

God’s love passionately pursues him.

David boldly proclaims that he shall dwell in the house of the Lord forever.

Romans 8:35-39

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

Nay, in all these things we are more than conquerors through him that loved us.

For I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Throughout Psalm 23 David was reflecting on God's care for him even when he was walking down difficult paths.

This would be a good practice for us to do as well.

Rather than looking at the difficulties surrounding us, fixate on the one who is above them all.

Reflect on the ways God is caring for you.