



The Table Spread Before Me

The Songs of the Children of God

October 11, 2026

PSALM 23

A David psalm.

The Lord is my shepherd,

I shall not want.

In grass meadows He makes me lie down,

by quiet waters guides me.

My life He brings back.

He leads me on pathways of justice

for His name's sake.

Though I walk in the vale of death's shadow,

I fear no harm,

for You are with me.

Your rod and Your staff—

it is they that console me.

You set out a table before me

in the face of my foes.

**You moisten my head with oil,
my cup overflows.
Let but goodness and kindness pursue me
all the days of my life.
And I shall dwell in the house of the LORD
for many long days.**

Highlanders reflect on Psalm 23

The main division: **Shepherd** (v.1-4) and **Table** (v. 5-6)

The shepherd motif in the OT: e.g. see Ezekiel 34:11-16

The table motif through the Bible as belonging, hospitality, celebration, life

Six quintessential table stories in the Bible flesh out Psalm 23 imagery

The elders of Israel eating before God on Mt Sinai: Exodus 24:9-11

“You prepare a table”: God as the focus, the host, the meal

The blinded Syrians are treated to a feast in enemy territory: 2 Kings 6:15-23

“In the presence of my enemies”: not ‘neener-neener’ but the basket of coals (Prov 25:21-22)

Mephibosheth invited to eat continually at the King’s table: 2 Samuel 9:3-13

“Anoint my head with oil”: to luxuriate, to “make fat” a poverty

The Last Supper of Jesus and His disciples: John 13:1-37

“My cup overflows”: the cup of the blood of Christ poured out on the world

The day by day table breaking bread in homes: Acts 2:46-47

“Goodness and Mercy following me all my days”: the love feast thru the centuries

The Wedding Feast of the Lamb: Revelation 19:9

“And I shall dwell in the house of the Lord forever”: the Bride of Christ comes home!

When I had Colon Cancer the fear was removed by this verse. God is always with me no matter how challenging things are. We Trust God and Trust the Bible to guide and protect us each and every day. **David Anfinrud**

No matter what I'm facing or going through in life, Psalm 23 reminds me the Lord is my Shepherd - watching over me, caring for me, providing what I need - to cup overflowing. Most people know that being out in nature is my happy place - it's most often where God restores my soul. No need for fear or worry - He leads me, comforts me, prepares a way for me all the days of my life. I am overwhelmed by His incredible Goodness and Mercy!!

Heather Martin

The lines of "yea tho I walk through the valley of the shadow of death, I will fear no evil" has carried me through so many hard times. I tend to be quite anxious about bad things happening and this verse has given me confidence and assurance from God that I don't need to fear any type of evil. God is with me and God is more powerful than any evil in this world. I am content because I have God right by my side and He provides, truly, everything I need.

Cindy Reed