



Psalm 23:1–6 NKJV

“The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.” — Psalm 23:1–6 NKJV

Psalm 23 is one of the most personal passages in Scripture. David does not simply say, “The Lord is a shepherd.” He says, “The Lord is my shepherd.” This reminds us that God’s care is personal, intentional, and faithful. He knows our needs, sees our struggles, leads us with wisdom, restores us when we are weary, protects us in the valley, comforts us with His Word, and surrounds us with goodness and mercy.

This week’s study invites us to focus on the personal language of Psalm 23. Every “my” and every “me” reminds us that God is not distant from His people. He walks with us, provides for us, restores us, comforts us, and leads us forward as our faithful Shepherd.



1. Trusting God to Provide

“The Lord is MY shepherd; I shall not want.” — Psalm 23:1

David begins Psalm 23 with a declaration of trust: “The Lord is my shepherd.” A shepherd cares for the sheep, watches over them, leads them, feeds them, and protects them. David understood that because the Lord was his Shepherd, he would not lack what he truly needed.

To say, “I shall not want,” does not mean we will never desire anything or face a season of need. It means we can trust God to provide what is necessary according to His wisdom, timing, and love. Our Shepherd knows the difference between what we want and what we need.

Jesus reminds us in Matthew 6:26 that God cares for the birds of the air. They do not sow, reap, or gather into barns, yet the heavenly Father feeds them. If God faithfully cares for the birds, we can trust Him to care for His children.

When you know the Lord as **your Shepherd**, you do not have to live in fear, striving, or constant worry. You can rest in the truth that God sees you, knows you, and will faithfully provide.

Reflect:

1. What does it mean to you personally that the Lord is your Shepherd?
2. Where are you tempted to worry about provision?
3. How has God provided for you in the past?
4. What need do you need to trust Him with this week?

2. Resting in God

“He makes ME lie down in green pastures; He leads ME beside the still waters.” — Psalm 23:2

The Shepherd knows when His sheep need rest. David describes God as the One who makes him lie down in green pastures and leads him beside still waters. This is a picture of peace, safety, nourishment, and calm.

In a world filled with noise, pressure, responsibilities, and uncertainty, rest can feel difficult. Many people are physically present but spiritually weary. We keep moving, keep carrying, and keep trying to manage life in our own strength. Yet the Shepherd lovingly leads us to places of rest.

Psalm 46:10 says, “Be still, and know that I am God.” Stillness is not laziness. Stillness is trust. It is the decision to pause, surrender, listen, and remember that God is in control.

When God leads you beside still waters, He invites you to slow down and receive His peace. He knows what your soul needs. He knows when you are tired. He knows when you need to stop striving and rest in His presence.

Reflect:

1. What areas of your life feel hurried, noisy, or unsettled?
2. Why is it sometimes hard to be still before God?
3. Where might God be inviting you to slow down this week?
4. How can you make space to rest in God’s presence?



3. Trusting God to Restore the Soul

“He restores MY soul.” — Psalm 23:3

The Shepherd does not abandon weary, wounded, or wandering sheep. He restores them. David’s words remind us that God is able to renew what has been drained, repair what has been broken, and revive what has grown weak.

Many things can leave the soul weary: grief, disappointment, sin, stress, conflict, discouragement, or spiritual dryness. Sometimes the weariness is visible to others, and sometimes it is hidden deep within. But God sees the condition of the soul, and He knows how to restore it.

1 Peter 5:10 reminds us that the God of all grace will Himself restore, strengthen, settle, and establish us. Restoration is not something we have to produce on our own. God Himself does the restoring work.

1 John 1:9 also reminds us that when we confess our sins, God is faithful and just to forgive us and cleanse us from all unrighteousness. The Shepherd restores not only the weary soul, but also the repentant soul.

Because He is **your Shepherd**, you can bring Him your weakness, your weariness, your sin, your discouragement, and your brokenness. He restores what you cannot restore in yourself.

Reflect:

1. What does your soul need from God right now?
2. Where are you feeling weary, discouraged, or spiritually dry?
3. How does First Peter 5:10 encourage you?
4. Why is confession important in the process of restoration?

4. Trusting God in the Valley

“Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with ME...”

— Psalm 23:4

Psalm 23 does not pretend that life will always be green pastures and still waters. David also speaks of the valley. The valley represents seasons of danger, uncertainty, sorrow, fear, and difficulty. Yet David says, “I will fear no evil,” not because the valley is easy, but because the Shepherd is present.

The greatest comfort in the valley is not simply that God will bring us out, but that God is with us while we walk through it. His presence is greater than our fear. His nearness is greater than the darkness. His faithfulness is greater than the uncertainty.

2 Timothy 1:7 reminds us that God has not given us a spirit of fear, but of power, love, and a sound mind. Fear may rise, but it does not have to rule. The presence of God gives courage, peace, and strength.

The valley is not the end of the story. David says, “though I walk through.” The Shepherd does not leave His sheep stuck in the valley. He walks with them through it.

“Your rod and Your staff, they comfort ME.” — Psalm 23:4

The rod and staff remind us of the Shepherd’s protection, correction, guidance, and care. God comforts us not only by removing trouble, but by guiding us through His Word and keeping us close to Him.

God’s Word encourages us, corrects us, strengthens us, and guides us along the right path. 2 Timothy 3:16–17 teaches that all Scripture is inspired by God and is useful for teaching, correction, instruction, and equipping.

Reflect:

1. What valley are you walking through, or what valley have you recently come through?
2. How does God’s presence help you face fear?
3. What does 2 Timothy 1:7 teach you about fear?
4. How has God’s Word comforted or corrected you?



5. Trusting God to Protect and Prepare

“You prepare a table before ME in the presence of MY enemies.” — Psalm 23:5

David describes God as the One who prepares a table in the presence of his enemies. This is a powerful picture of God’s protection, provision, and peace even when trouble is nearby. The enemies are present, but they are not in control. The Shepherd is.

God does not always remove every difficulty immediately, but He provides strength, peace, and assurance in the middle of it. He prepares a table, which means He is able to sustain us even when opposition, pressure, or conflict surrounds us.

Isaiah 41:10 says, “Fear not, for I am with you; be not dismayed, for I am your God.” God promises to strengthen, help, and uphold His people. His presence gives us confidence when enemies, challenges, and obstacles arise.

Psalm 23:5 also says, “You anoint my head with oil; my cup runs over.” This reminds us that God’s care is not barely enough. His grace, blessing, and presence overflow. The Shepherd protects, provides, strengthens, and blesses His sheep.

Reflect:

1. What enemies, pressures, or challenges are surrounding you right now?
2. How does it encourage you to know that God is with you in the presence of difficulty?
3. What does Isaiah 41:10 teach you about God’s protection?
4. Where do you need to trust God to prepare and provide?

6. Trusting God's Goodness and Mercy

“Surely goodness and mercy shall follow ME all the days of my life...” — Psalm 23:6

Psalm 23 ends with hope. David declares that goodness and mercy will follow him all the days of his life. This does not mean every day will be easy, but it does mean every day will be covered by the faithfulness of God.

Goodness reminds us of God's kindness, provision, and blessing. Mercy reminds us of His compassion, forgiveness, and steadfast love. These are not temporary gifts. David says they follow him all the days of his life.

Ephesians 3:20 reminds us that God is able to do exceedingly abundantly above all that we ask or think according to His power at work within us. The Shepherd's goodness is greater than what we can imagine, and His mercy reaches farther than we deserve.

Because the Lord is **your Shepherd**, you can live with hope and expectation. You're not walking alone. You are being followed by goodness and mercy, and being led toward the presence of the Lord.

Reflect:

1. What does it mean for goodness and mercy to follow you?
2. How have you experienced God's mercy in your life?
3. Where do you need hope and expectation right now?
4. How does Ephesians 3:20 encourage your faith?
5. What part of Psalm 23 gives you the most comfort in this season?



Discipline:

Throughout the week, focus on one of the six verses of Psalm 23. Choose the verse that speaks to the area where you most need growth, and let that verse shape your attention, reflection, and obedience.

In addition, memorize the corresponding verse so that Scripture can actively support and strengthen your growth.

- † If you need to trust God for provision, focus on Psalm 23:1 and Matthew 6:26
- † If you need rest, focus on Psalm 23:2 and Psalm 46:10
- † If you need restoration, focus on Psalm 23:3, 1 Peter 5:10, and 1 John 1:9
- † If you need courage in the valley, focus on Psalm 23:4, 2 Timothy 1:7, and 2 Timothy 3:16 -17
- † If you need confidence in God's protection, focus on Psalm 23:5 and Isaiah 41:10
- † If you need hope, focus on Psalm 23:6 and Ephesians 3:20

Recite:

Each day, recite Psalm 23:1–6 aloud. Pay close attention to the words **my** and **me**. Let them remind you that God's love is personal, His care is intentional, and His promises are for you.

Closing Prayer:

Lord, thank You for being my Shepherd. Help me to trust You to provide, lead, restore, protect, comfort, and bless me. When I am worried, remind me that I shall not want. When I am weary, lead me beside still waters. When my soul is broken, restore me. When I walk through the valley, remind me that You are with me. When trouble surrounds me, help me trust Your protection and provision. Let Your goodness and mercy follow me all the days of my life. In Jesus' name, Amen.