



## FROM THE COLLEGE CHAPLAIN

Psalm 23 is a marvellous passage to meditate on.

If you are going through difficulty, can I suggest reading it (below). It was written by King David, who was a shepherd, and he wrote it to communicate that there was nothing that he lacked because the Lord provided for his every need, especially during the darkest moments of his life.

Take a moment now to pause and reflect.

1 *The Lord is my shepherd, I lack nothing.*  
2 *He makes me lie down in green pastures,*  
*he leads me beside quiet waters,*  
3 *he refreshes my soul.*  
*He guides me along the right paths*  
*for his name's sake.*  
4 *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.*

5 *You prepare a table before me*  
*in the presence of my enemies.*  
*You anoint my head with oil;*  
*my cup overflows.*

6 *Surely your goodness and love will follow me*  
*all the days of my life,*  
*and I will dwell in the house of the Lord*  
*for ever.*

Christians today do not need to worry about anything, even though our circumstances may be extremely difficult at times. This is because the Lord provides, rest, refreshment and restoration for our souls. He also provides great intimacy when we need it most in the darkest valley and protection from harm. At the end, it mentions a great banquet where the writers cup 'overflows'. There is nothing that we lack with the Lord.

In the New Testament, Jesus refers to himself as The Good Shepherd who lays down his life for his sheep. Jesus' death secures an eternity with God for those who believe in Him. He pays the price for our sin. There is nothing that we lack with Jesus. He promises to be with His sheep during the darkest hours of our life and that gives us comfort and hope.

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