



Psalm 23

The Lord is my shepherd; I shall not want.
In verdant pastures he gives me repose;
Beside restful waters he leads me;
he refreshes my soul.
He guides me in right paths
for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff
that give me courage.

You spread the table before me
in the sight of my foes;
You anoint my head with oil;
my cup overflows.
Only goodness and kindness follow me
all the days of my life;
And I shall dwell in the house of the Lord
for years to come.

Reflection on Psalm 23

Psalm 23 is probably one of the most well known psalms. It is prayed at funerals, in times of need, and whenever someone simply wants to feel close to God.

Consider the following suggestions for taking a fresh look at Psalm 23. You may do this exercise with your family, inviting members to share and discuss the images and feelings it evokes.

- Slowly read the words of the entire psalm.
- Then go back and read each line individually, pausing to reflect on the words of each line. What images and feelings bubble up in your heart and mind as you read these words?
- Parents, as you read the psalm, put yourself in the place of the Lord and your children as the pray-ers of the psalm. What feelings does praying the psalm this way stir up in your heart?

