

The Lord is My Shepherd

Read Psalm 23

In her down-to-earth book “More Than Sparrows,” author Mary Welch tells of her discussion about worry with a group of teenagers. Although they were Christians, she discovered they were just as worried as unbelievers about the common things of life. They feared failure in school, were afraid they would never find someone to love, were worried that the world was falling apart, and were afraid of dying young. As she listened to them, an unusual idea came to her for a tool they could use to handle their fears. It went like this:

Instead of saying, “I’m worried or afraid,” stop and say, “The Lord is my Shepherd, therefore...” Then add what you are afraid of. The students laughed at the absurdity of the idea, and protested that this new “peace-of-mind” tactic is a contradiction.

“The Lord is my Shepherd, therefore...”

I will fail at school

I will never find someone to love

I will never get a decent job

I will probably be killed in some tragic accident.

That is the point. For a young Christian to say “The Lord is my Shepherd, therefore I will fail” makes about as much sense as any Christian believing that the Lord is his Shepherd, and at the same time believing that the Lord will not take care of him. Do we really believe these two beliefs are compatible?

“The Lord is my Shepherd, therefore...”

My family might starve to death.

The church will fall apart if trouble threatens it.

The government is going to kill me.

My trials and temptations will overwhelm my faith.

I probably won’t make it to heaven.

Psalm 23 - If you believe it, live it.

“He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry them in His bosom, And gently lead those who are with young” (Isa. 40:11).

“For thus says the Lord GOD: ‘Indeed I Myself will search for My sheep and seek them out. As a shepherd seeks out his flock on the day he is among his scattered sheep, so will I seek out My sheep and deliver them from all the places where they were scattered on a cloudy and dark day... I will establish one shepherd over them, and he shall feed them, My servant, He shall feed them and be their shepherd’” (Ez. 34:11-12, 23).

“I am the good shepherd. The good shepherd gives His life for the sheep” (John 10:11).

“For the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters. And God will wipe away every tear from their eyes” (Rev. 7:17).