

In Psalm 23, the reason David could declare that “though I walk through the valley of the shadow of death, I will fear no evil”, is that he first knew “the Lord is my Shepherd”. It wasn’t because David was so strong and courageous that he never felt fear. It was because he knew he had the Good Shepherd, the Most High God, watching over him. When you are tempted to be anxious and afraid, you need to remind yourself: “The Lord is my Shepherd. He guards my way, protects me from evil, and will always take me through safely.”

David ended the psalm by saying: “Surely goodness and mercy will follow me all the days of my life.” He encourages us that after every dark valley, a “surely” is coming - surely healing is coming, surely greater is coming, and surely new levels are coming. God is saying: “Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you and uphold you with My victorious right hand.” (Isaiah 41:10) No matter what you face, your best days are still in front of you, so keep moving forward.

Psalm 23:1 “Because the Lord is my Shepherd, I have everything I need!”