

A Psalm for people like us

Psalm 23 has been a source of strength for thousands of years. Let's pause and say it every day at 11 am through this crisis we now face.

When we are isolated and alone, we remember God is with us; we place our hands in his hands...

> The Lord is my shepherd, I shall not want.

When we are tired and confused...

> He makes me lie down in green pastures;
he leads me beside still waters;

When we are worn out with worry...

> He restores my soul.
He leads me in right paths for his name's sake.

When we are sick and afraid and if we lose those we love...

> Even though I walk through the darkest valley, I fear no evil;
for you are with me; your rod and your staff - they comfort me.

When we face difficulties today and we hope for a better tomorrow...

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

In the face of trouble & difficulty of all kinds, we remember Jesus' promise of life beyond death...

> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen**

