

Friday Reflections

*"The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures:
he leadeth me beside the still waters."*

-Psalm 23: 1-2

Psalm 23 is probably one of the most well known and recognized psalms in the entire Bible. We often quote it at services and funerals, but there is a lot of wonderful theology packed in this song written by David.

David was a shepherd. He understood sheep. He knew that without him, sheep are helpless animals, and stood watch over them. In his Psalm, David presents the Lord as OUR shepherd who *"makes us lie down in green pastures by the still waters."*

In the Middle East, shepherds rise early and take their sheep to pasture to feed. About mid-morning they make the sheep rest so they can chew the cud and process the grasses they have eaten. This is when the sheep are most content and when they are growing wool.

Likewise, our Father Shepherd wants to make us rest in Him and grow spiritually and enjoy His presence. It is in these times of rest and reflection that we can grow closer to Him and have rest for our souls.

Still waters inspire an image of peace and tranquility, but also evoke the idea of the Spirit of God, who is often portrayed as water in the Bible. God wants to have us rest in Him and in His spirit so we can learn to enjoy Him and grow closer to Him and each other.

Today, take time to rest in the Lord. Even if it's just a few minutes, it can make all the difference in your day. And who knows? It might make all the difference in your life!

*Father in heaven, thank you for reminding us that every trial
is an opportunity to taste and know the goodness of God! Amen*

- Dr. Doug Shafer

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