



## The Journey Toward Joy

Often when we think about Psalm 23, we immediately think of a funeral. While these invitational words are familiar to many, there is so much more to these poetic stanzas.

Regarded by many as the most well-known of all the Psalms, these deeply comforting words slowly unfold into a beautiful and sometimes surprising pathway into hope, purpose, worth and right on into joy as we follow the Good Shepherd all the days of our lives.

### Key Take-Aways:

- **The Lord is my shepherd all the days of my life.**
- **Our purpose, worth and joy all come from being in relationship with the Good Shepherd.**
- Six significant reasons we lose hope.
- Six “R” antidotes found in Psalm 23.

### Suggested Personal Reading:

- Psalm 23
- Matthew 6:34
- John 4:14
- Joshua 1:5

## Questions to Consider:

1. Do I choose to follow the Good Shepherd? Do I call Him *my* shepherd? How might this help me when my hope runs a bit thin?
2. How do I understand purpose? Did it change as I think about Psalm 23? If so, how?
3. Do I believe that I can embrace my worth as seen through the eyes of my Good Shepherd? How might I see myself differently if daily I chose to believe that I am God's beloved and He delights in me?
4. Do I see joy – moments of beauty amidst the hard that is happening? How might I open myself to believing that I can encounter joy throughout each day?

## Pray

Gracious Heavenly Father,  
Chronic illness is hard, but I choose hope. I choose You as my Good Shepherd all the days of my life. Please Lord help to stay on the path of hope, purpose, worth and joy, so that I might reflect Your love to others as I more fully accept the deep, personal, intimate love You have for me. Amen.

## Further Resources

- *A Shepherd Looks at Psalm 23* ~ W. Phillip Keller
- <https://walkingthetext.com/episode-034-psalm-23-pt-1/>
- **The Lord's My Shepherd - Stuart Townend** -<https://youtu.be/pN4tPkX0MG0>