



Rosary Reflections

The Lord is My Shepherd *According to Psalm 23*

Introduction

This Rosary Reflection contains the words of Psalm 23, The Lord, Shepherd and Host. This beloved psalm has been prayed for hundreds of years, acknowledging God's protection, guidance, and goodness.

Considered a Psalm of David, Psalm 23 contains two strong images of God: tender gaze at a shepherd's love for a vulnerable creature, symbolic of the love that God has for all God's people; and the host of a banquet of goodness that lasts forever.

What to Remember

This Psalm is about God's loving care as both a shepherd to lead you and a host to serve you at a wonderful feast in God's house.

As a follower of Jesus and a child of God, you can pray this psalm when you need assurance of God's love, protection, guidance, and care for you. When you take the words of this Psalm to heart, you will be open to trust in God's presence and providence in your life - caring for every need that you have during life's journey on earth and God's invitation to the banquet table in Heaven.

What to Pray For

- For greater confidence in God's protection and guidance for you in the small and large circumstances of life.
- For deeper trust in God providing for all of your needs to live a blessed life.
- For awareness of God's presence to invite all people to come to God's house.
- For all those who are walking through dark valleys, that they will know God's loving care.

Feel free to pray the rosary using this Psalm for a deeper connection with the loving care of God for you, your family, friends, and others.

The Five Decades

When you pray the five decades of this Rosary Reflection, use these five moments from the Psalm. Read the Bible verses for each decade and let the words sink in as you pray that decade.

First Decade: God's Care (Psalm 23: 1-3)

"The Lord is my Shepherd, there is nothing I lack. In green pastures You let me graze; to safe waters You lead me, You restore my strength."

Second Decade: God's Guidance (Psalm 23:3)

"You guide me along the right path for the sake of Your name."

Third Decade: God's Protection (Psalm 23:4)

"Even though I walk through a dark valley, I fear no harm for You are at my side; Your rod and staff give me courage."

Fourth Decade: God's Providence (Psalm 23:5)

"You set a table before me as my enemies watch; You anoint my head with oil, my cup overflows."

Fifth Decade: God's Enduring Love (Psalm 23:6)

"Only goodness and love will pursue me all the days of my life, I will dwell in the house of the Lord, for years to come."