

DAY 3



AMERICAN BIBLE SOCIETY

DAY 3 – FINDING CONTENTMENT IN GOD’S CARE

PREPARE

Slow your breathing and fix your mind on Psalm 23’s imagery of a shepherd guiding his sheep to green pastures.

READ: PSALM 23

The LORD is my shepherd;
I have everything I need.
He lets me rest in fields of green grass
and leads me to quiet pools of fresh water.
He gives me new strength.
He guides me in the right paths,
as he has promised.
Even if I go through the deepest darkness,
I will not be afraid, Lord,
for you are with me.
Your shepherd’s rod and staff protect me.
You prepare a banquet for me,
where all my enemies can see me;
you welcome me as an honored guest
and fill my cup to the brim.
I know that your goodness and love will be with me all my life;
and your house will be my home as long as I live.

REFLECT

King David, the author of Psalm 23, writes, “The LORD is my shepherd; I have everything I need” (**Psalm 23:1**). If you know anything about David’s life, you know that his contentment does not come from perfect circumstances. Instead, he finds his confidence in a perfect guide through life.

Sheep find rest when the shepherd is near, and David compares God to a good Shepherd who leads, feeds, and defends. God provides fresh pasture when life feels barren and points us toward still water when our souls cry out.

Even amid these peaceful images, David is realistic. The paths of Psalm 23 wind through bright meadows and shadowed valleys alike. Dark valleys do not disappear, but the shepherd’s presence drives out fear (**Psalm 23:4**). His rod and staff guide his

flock, correct wandering feet, and beat back danger and enemies. In the same way, God's Word counsels us, the Spirit guides us, and God's power shields us.

Jesus echoes the care of this shepherd: "I am the good shepherd, who is willing to die for the sheep" (**John 10:11**). He lays down his life to rescue us, proving that his commitment is stronger than our worst enemies—sin, shame, and death.

When we allow God to lead, he restores our souls, fills the empty places, and supplies what we truly need. Resting in his leadership frees us from anxious striving, inviting us to drink deeply from the living water promised to us by our Savior (**John 4:10–14**). In his presence we find that his resources outlast our shortages and his peace outshines our pressures, making even ordinary days feel like green pastures.

PRACTICE

1. Name one need causing concern in your life. Ask God to provide for your needs in his way and in his timing, and ask him for peace and patience as you rest in him.
2. Write three simple gifts you experienced today, such as a sunrise, a kind word, or a warm meal. Thank God for providing these everyday blessings, and for guiding your steps through life.
3. Read **Psalms 23** aloud before bed, letting each promise settle in your heart as you prepare to rest.

PRAY

Shepherd of my soul, thank you for meeting every need. Teach me to rest in your care and renew my strength as I trust you. Amen.