



Remain Calm Psalm 23

“You will keep him in perfect peace  
whose mind is stayed on You.”  
Isaiah 26:3

“The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”  
Psalm 23 (NIV)

Five reasons to remain calm:

1. He gives me what I need.

“The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.” Psalm 23:1-3 (NIV)

“All depend on you to give them food as they need it. When you supply it, they gather it. You open your hand to feed them, and they are richly satisfied...The Lord takes pleasure in all he has made!” Psalm 104:27-28, 31 (NLT)

“God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.” Philippians 4:19 (NLT)

2. He protects me from harm.

“He restores my soul. He guides me in paths of righteousness for his name's sake.” Psalm 23:3 (NIV)

“I am the Good Shepherd...During my time here, I protected...(and)...guarded them so that not one was lost.” John 10:14; 17:12 (NLT)

“God is our refuge and strength, an ever-present help in trouble.”  
Psalm 46:1 (NIV)

3. He calms my fears.

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psalm 23:4 (NIV)

“He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young.”  
Isaiah 40:11 (NLT)

4. He crowns my life with success.

“You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.” Psalm 23:5 (NIV)

“Potiphar noticed this and realized that the Lord was with Joseph, giving him success in everything he did.” Genesis 39:3 (NLT)

“The Lord gives righteousness and justice to all who are treated unfairly.”  
Psalm 103:6 (NLT)

5. He has secured my future.

“Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.” Psalm 23:6 (NIV)

“For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands.”  
2 Corinthians 5:1 (NLT)

“The Lord said, ‘I have loved you with an everlasting love...’” Jeremiah 31:3 (NIV)