



Meditation: Psalm 23:1-3a

*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 23:1-3a NAS)

The Lord is my shepherd, I shall not want.

Be still and know that I am God. (Psalm 46:10 NAS)

Be still physically, mentally, emotionally, spiritually.

Know. Not hope, not think, but KNOW

I am God. HE is God. Not me. I am one person in time and space, with selected gifts and talents, finite intellect, past woundedness, and a sin nature.

I am GOD. He is GOD. He is everywhere, and understands everything. He defines love, life, joy, peace, goodness. He thought me up, knows me better than I know myself, and loves me completely. He truly gets the big picture, and lovingly guides me in the next step.

He is totally trustworthy, and when I choose to follow Him, God will meet my needs better than I could ever meet them on my own.

He makes me lie down in green pastures. He leads me beside quiet waters.

The thirst quenching Presence of God's Love--the quiet water--is a love given without conditions, offered as a gift I must choose to accept. This love is complete. Perfect. Impossible.

God loves me as I am, with my needs, as a unique individual, as His precious child/creation. And when I invite Him in and choose for Him to be my shepherd--to follow Him--He loves me from within me.

HE LOVES ME...

AS I AM:

I am imperfect. I have limited understanding, intellect, influence, strength, resources, emotions. I have the darkness of a sin nature still attached to me. He knows my limitations, and sees every ugly thought, every selfish act, every unkind word. And

He loves me. As I am.



WITH MY NEEDS:

He made me with needs, and He is aware of them... He knows I need food, water, shelter, and He is also knows that I thirst for love and acceptance, for significance and value, for protection and belonging.["lord, you have searched me and known me."] He knows that I need rest--to nestle in His arms and put my head on His chest, let go of control and trust Him. [come to me all you are weary and heavy laden and I will give you rest.] Most of all He knows I need the intimacy with Him that is restored and deepened through His healing grace and forgiveness.

He loves me. With my needs.

AS AN INDIVIDUAL:

He combined the gifts talents, personality, intellect, temperament, physical body, emotional makeup and spirit that makes me uniquely me. He delights to show me treasures about myself that I didn't know existed.

He loves me. As an individual.

AS A PERSON OF VALUE:

He valued me enough to leave His magnificent home to come to my world and sacrifice His life for me so I could be on intimate terms with Him and live with Him forever. I am protected, cherished, nurtured, guided by the most powerful and the most loving Being in the universe, who has adopted me as His own child and desires to be in an intimate relationship with me.

He loves me. As a person of value.

FROM WITHIN ME:

When I have invited Him in, His Love-presence is always with me, inside me, His spirit connected to mine. I am never alone because

He loves me. From within me.

He restores my soul.

As I choose to drink the quiet water of the Presence of Love it changes me. I am settled, content, at peace. I am dearly beloved. I am not afraid because He --the Presence of Love--is always with me and I trust that He will meet my needs and guide me. He knows who I am today, what I need, my individual makeup, my tremendous value and He is within me.



From this secure place I can pray without fear:

Search me O God and know my heart, try me and know my anxious thoughts and see if there be any hurtful way in me, and lead me in the everlasting way. (Psalm 139:38-39)

In His safe embrace I have the courage and desire

to face my specific sins and

to face my destructive habits of thought/word/deed that entrap me in repetitive sin.

When I admit my specific sins to Him He *instantly* cleans me.

As I submit my dark sin-habits to Him He *progressively* cuts me loose from their grasping tentacles until I am truly free.

Instantly and progressively He heals, forgives, embraces, renews, forgets, encourages, looks forward [anticipates, leads].

Instantly and progressively He replaces

darkness with Light, and

sadness with Joy,

restlessness with contentment,

fear with love,

worry with peace,

imperfection with His perfection,

weakness with strength,

confusion with understanding.

Being loved is amazing.

Being restored by Love and filled with Love is unbelievable.

HE LOVES ME AS I AM:

Beautiful inside and out, without a single scar, lovely in every respect.

HE LOVES ME WITH MY NEEDS

deeply satisfied in the Presence of Love.



HE LOVES ME AS AN INDIVIDUAL

wholly unique, yet because of His presence so much more than I am on my own.

HE LOVES ME AS A PERSON OF VALUE:

His precious child, intimate friend, heir to all He has made, free and being freed.

HE LOVES ME FROM WITHIN ME:

He is always with me, and I am in intimate relationship with Him.

He is regularly reminding me of who I am --dearly beloved--and who He is--The Presence of Love.

He is gently guiding me towards life-light and away from death-darkness.

I belong to Him.

I am cherished.

I am fully known

and I am completely loved.

The Lord is my shepherd, I shall not want.

Is He your Shepherd?

Additional passages:

O Lord, You have searched me and known me. You know when I sit down and when I rise up; you understand my thought from afar. You scrutinize my path and my lying down, and are intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O Lord, you know it all. You have enclosed me behind and before and laid your hand upon me. Such knowledge is too wonderful for me; It is too high, I cannot attain it. (Ps 139:1-6 NAS)

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy, My load is light. (Matt 11:28-30 NAS)

There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us. (1 John 4:18-19 NAS)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; against such things there is no law. (Gal 5:25 NAS)

And because you are sons, God has sent forth the Spirit of His Son into our hearts, crying "Abba! Father!" Therefore you are no longer a slave, but a son; and if a son, then an heir through God. However at that time, when you did not know God, you were slaves to those which by nature are no gods. (Gal 4:6-8 NAS)

And this is the message we have heard from Him and announce to you, that God is light, and in Him there is no darkness at all. If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; but if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:5-9 NAS)