



**PSALM 23 ME**  
*A psalm of The Self.*

<sup>1</sup> I am Captain of my soul and King of my life.  
 I am ravenous to be filled.

<sup>2</sup> I rush to find, possess, and consume all that I can for me,  
 I live for the adrenaline of the rushing rapids of life.

<sup>3</sup> I neglect and destroy my soul.  
 I choose to continually pursue what I think is best for me –  
 for the sake of my own comfort, pleasure, and fame.  
 No one tells me what to do.

<sup>4</sup> I use my every resource (and take from others),  
 to avoid every ounce of pain, difficulty, trouble, or suffering.  
 But still I am terrified,  
 and in the silence of night I feel utterly alone.  
 All my striving and self-serving fail to bring me peace.

<sup>5</sup> I give endless energy to accumulating for me.  
 I build physical and emotional fortresses to keep out every possible enemy.  
 I want to live with a crown on my head,  
 King of the world — or at least my little world.  
 But my cup just keeps leaking and is so often empty.

<sup>6</sup> I constantly look over my shoulder fearing attack,  
 just waiting for the next shoe to drop as I seek to protect myself every day.  
 And I fear I will be trapped, in the chaos of ME,  
 forever.

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**PSALM 23**  
*A psalm of David.*

<sup>1</sup> The Lord is my shepherd,  
 I lack nothing.

<sup>2</sup> He makes me lie down in green pastures,  
 he leads me beside quiet waters,

<sup>3</sup> he refreshes my soul.  
 He guides me along the right path  
 for his name's sake.

<sup>4</sup> Even though I walk  
 through the darkest valley,  
 I will fear no evil,  
 for you are with me;  
 your rod and your staff,  
 they comfort me.

<sup>5</sup> You prepare a table before me  
 in the presence of my enemies.  
 You anoint my head with oil;  
 my cup overflows.

<sup>6</sup> Surely your goodness and love will follow me  
 all the days of my life,  
 and I will dwell in the house of the Lord  
 forever.

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## VERSES ON THE GOODNESS & ALL SUFFICIENT PROVISION OF GOD:

**Genesis 22:13–14** Then Abraham lifted his eyes and looked, and there behind him was a ram caught in a thicket by its horns. So Abraham went and took the ram, and offered it up for a burnt offering instead of his son. And Abraham called the name of the place, The-LORD-Will-Provide; as it is said to this day, “In the Mount of the LORD it shall be provided.”

**Deuteronomy 2:7** For the LORD your God has blessed you in all the work of your hand. He knows your trudging through this great wilderness. These forty years the LORD your God has been with you; you have lacked nothing.

**Psalms 34:10** The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing.

**Psalms 36:7–8** How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings. They are abundantly satisfied with the fullness of Your house, And You give them drink from the river of Your pleasures.

**Proverbs 3:5–6** Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

**Jeremiah 29:11–13** For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.

**Malachi 3:10** “Bring all the tithes into the storehouse, That there may be food in My house, And try Me now in this,” Says the LORD of hosts, “If I will not open for you the windows of heaven And pour out for you such blessing That there will not be room enough to receive it.

**Matthew 6:26–33** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

**Matthew 7:7–11** Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened... among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

**Matthew 11:28–29** Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

**John 10:10** The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

**Ephesians 3:20–21** Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

**Romans 8:31–35, 37–39** What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God's elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

**2 Corinthians 9:8–11, 15** And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. As it is written: “He has dispersed abroad, He has given to the poor; His righteousness endures forever.” Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, while you are enriched in everything for all liberality, which causes thanksgiving through us to God. Thanks be to God for His indescribable gift!

**Philippians 4:19** And my God shall supply all your need according to His riches in glory by Christ Jesus.

*See also: Gen 3:21, 8:20–22, 9:3, 13:14–17, Ex 14:21, Dt 29:5, Ps 37:25, Ps 78:21–25, Is 55:7, Lk 11:9–13, 12:22–34 Jn 16:23–24, Heb 11:6, 13:5, 2 Pt 1:2–4, 1Jn 3:22*