



A Biblical Meditation

ON PSALM 23

A GLAM RESOURCE BY BROOKE LEE

BIBLICAL MEDITATION

Chances are if you've grown up in the Western Church, you've been taught to read the Bible in the same way you've been taught to read a textbook. Most often we read scripture by gathering and analyzing information. And while gathering and analyzing information are in fact fruitful and productive and important aspects of reading God's Word, we may be missing out on a significant way of interacting with Scripture.

Since meditation has been widely popularized by Eastern religions—belief systems that do not acknowledge Jesus Christ as Lord and Savior—many Christians have avoided it. Yet, we've forgotten the fact that our God is actually the Creator of our minds and the Creator of the practice of meditation. Not only that, but He also talks of the importance of meditation all throughout Scripture.

Psalm 1:1-2 says this:

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.

The Bible references meditation 23 times. We are told over and over to meditate—speak, utter, study, imagine, muse, sing—on God through contemplation of His Word. And that last part: *through contemplation of His Word*, is perhaps the key aspect. Contrary to other forms of meditation, Biblical meditation is just that: its Biblically based. Meaning, it starts and ends with Scripture as the foundational guide.

So, what's so great about it? Why engage with the Bible through meditation?

The idea of Biblical Meditation is to acutely focus on a passage of Scripture, running it through our mind repeatedly so *that* we gain greater understanding of what God is saying through the scripture and (my personal favorite) are changed by it.

Biblical meditation is an invitation to read scripture as the living and active tool that it is; bridging the gap between intellectual knowledge and personal experience of God. Rather than “mastering” a passage of the Bible, Biblical meditation encourages us to approach scripture in a posture of surrender, allowing God to guide us into whatever He might have for us in that passage, at that time.

In a nutshell, Biblical Meditation is about quieting our hearts, minds and feelings with Scripture so that we can engage in deeper intimacy with Jesus.

GETTING STARTED

Before we meditate on our passage today, you'll want to get into a position that's comfortable for you. As we journey along you'll be encouraged to write down responses to some questions, so grab whatever you need to respond in a way that fits you—journaling, drawing, painting, doodling, etc.

To kick things off, take a few minutes right now to just slow your breathing. Breathe in and out a few times. As your chest rises and falls, imagine closing the “doors” to activities that you are coming from. Allow yourself to be fully present in this moment. Acknowledge Jesus' presence with you and ask the Holy Spirit to make you aware of God's speaking and help you receive whatever it is that God has for you in this time.

HOW TO ENGAGE

Biblical meditation is meant to engage all of your senses as you read through a passage of Scripture. Below are some questions to help open your mind to reading the passage in an engaged way today.

*As you read, what are you seeing? Smelling? Hearing? Touching? Feeling?
What emotions of David (the author of Psalm 23) can you relate to?
How does David experience God? What is his posture toward God?*



BACKGROUND

David was the author of Psalm 23 and a man that experienced a great deal of anxiety, unrest, fear and victory throughout the course of his life. Much of his life story can be found in 1 & 2 Samuel.

David was the youngest of Jesse's eight sons, a shepherd, harp player, and a man after God's heart. Early on in his life, he became an aide to King Saul, and ended up defeating the Philistine, Goliath, making him a warrior the people greatly looked up to. This caused Saul to be filled with jealousy and fear and so he devised a plan to kill David, causing David to flee for fear of his life. As time went on Saul continued to pursue David, and from what we know, many of the Psalms were written while David was on the run from Saul. Unsuccessful in his plan to kill David, Saul ended up taking his own life, and David eventually rose to power as King over all of Israel. David's kingship included many great victories, as well as personal and moral failures (adultery and murder).

The psalms that David wrote throughout the course of his life were an outpouring of praises and prayers to God. While many of the psalms express discomfort and need, Psalm 23 is a profession of David's delight, trust and comfort in God, his Shepherd-King.

MEDITATION

Read through the entire text below slowly. As you read along jot down/circle/underline anything that uniquely stands out to you; a word, phrase, detail. Try not to force something to stand out, just take notice of what God is inviting you to pay attention to.

The Lord *is* my shepherd;
I shall not want.
² He makes me to lie down in green pastures;
He leads me beside the still waters.
³ He restores my soul;
He leads me in the paths of righteousness
For His name's sake.
⁴ Yea, 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.
⁵ You prepare a table before me in the presence of my
enemies;
You anoint my head with oil;
My cup runs over.
⁶ Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell [in](#) the house of the Lord
Forever.

Psalm 23

Before reading the text again, spend some time right now asking God to show you how what stood out to you connects to your life. Feel free to use the sample prayer below.

Lord, will you give me wisdom and insight to understand how this word/phrase/detail/etc. pertains to my life today? Holy Spirit guide me and lead me as I read the text again to better understand what God is wanting to show me.

Now, read through the text slowly a second time. Try reading it out loud if you read it silently to yourself before. Jot down below anything that bubbles up as you read through it a second time.

Finally, read through the text a third time slowly. After you've read it through a third time, take some time to respond to the questions below.

How are you moved to respond to what God has shown you?

What do you sense God speaking to you through this passage?

Is there a confession God is inviting you to make?

A promise He wants you to be aware of?

An encouragement God wants to speak over you?

Something He wants you to thank Him for?

Or maybe a prayer bubbling up within you?

Take some time and use the space below to respond to what God has shown you in this passage.



PRAYER

As we close out our time with God today, I want to invite you to spend some time in prayer. Feel free to use your own words, or pray the prayer below.

Lord, thank you for being a God that is always with me, never leaving or forsaking me. Thank you that you desire to spend time with me, and that you desire to speak to me. Thank you for Your Word; an active and living tool that You use to touch my life, convict my heart, stir up, challenge, comfort and encourage my soul.

Lord, thank you for being my Shepherd; a gentle guide that not only leads me but cares for me along the way. Thank you for your green pastures and still waters and the way, at times, you make me lie down. How grateful I am, God, that you are a God of restoration. I am comforted by the fact that I can never be too far gone for your restoration. Lead me into paths of righteousness so I can praise you all the more.

I am so grateful that your guidance and leading of me is all I need. I lack nothing when you lead me, receiving your provision, guidance and care. I shall not want.

Lord, thank you for the reminder and promise that I have nothing to fear. That even though I may face impossible trials and hardship, your presence with me will be enough. Teach me, God, to lean on your presence in these times. Would you become my anchor and rock when my circumstances feel unstable. Teach me, Lord, to welcome your rod and staff as you direct me, shape me, and convict me.

Thank you, Lord, for the promise that my cup can run over in the midst of hardship—and not just in the removal of it. Help me to believe the promise that goodness and mercy will follow me all the days of my life as I seek your guidance and authority in my life.

I love you God, with all that I am, and I praise you today.

I pray these things in Jesus' name, Amen.



A WORD FROM BROOKE

Friend,

I hope this Psalm 23 meditation has not only blessed you, but has drawn you closer to our sweet and gentle Shepherd God. I encourage you, as you continue to spend time with the Lord by reading His word, to take this tool and apply it to other passages you read in the Bible. There is nothing “magical” about this tool; it's simply a resource that you can use to engage more intimately with the Divine.

If you are looking for other tools to help you engage with God in a meaningful way, please check out our devotional on rest, “Recover,” available in our GLAM shop today. This devotional is meant to accompany you on your next vacation, weekend, or time off, and will help you unpack what rest is, why God made us to need it, and how to incorporate more of it into our lives.

All my love, grace and gratitude,

Brooke

ABOUT GLAM

GLAM, which stands for God Loves All of Me, is a non-profit organization focused on accelerating true community, ushering women into the presence of God, and guiding women toward freedom. We do that through our small group curriculums, devotionals, in-person and online communities, and events.

We find that true community and experiencing the presence of God happens best when four ingredients are involved: soul-stirring questions, de-masking conversation, shared stories, and leading vulnerably. These four components are constantly woven throughout all that we do.

Our hope for you is simple: we want you to be fully known and truly loved.

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OTHER RESOURCES

Identity: A Soul Journey
A Small Group Curriculum

*A seven chapter workbook + video teaching study of
discovering who you are and who you were made to be.*

