

# PULSE MAIL : PSALM 23

## READING:

"The Lord is my  
Shepherd I shall not  
want"

Psalm 23

Today we look at one of the most known chapters in the bible, Psalm 23.  
What did you notice about the reading?

It can be easy to feel comfortable with well-known passages in the bible, remembering chapters and verses, that sometimes we lose the importance of its message. This chapter begins with one of the most recognisable verses "The Lord is my shepherd; I shall not want."

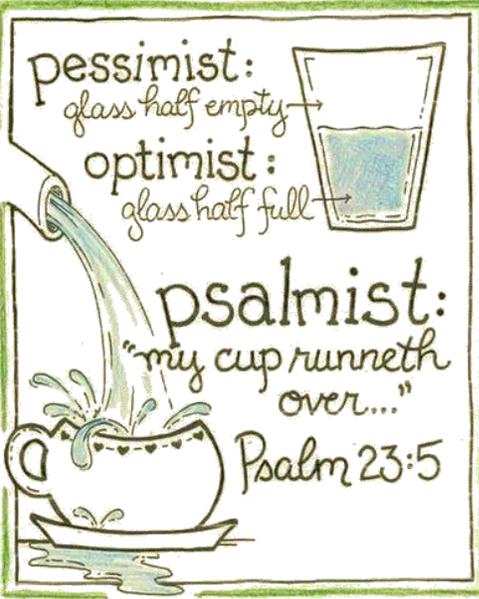
What does this mean to you? Do you see God as your shepherd?

In verses 2 - 3 we see how God parallels a shepherd in the way that he meets our needs, caring for us, giving us peace, restoring us, and leading us through our lives. It is important to not only acknowledge that but to also trust in that! Trust that God is with us.

### Questions to ponder:

What are some of the ways that God has cared for you? How does he give you peace or restore you? It is not always easy to follow, sometimes its tempting to believe that we can lead our own lives, and God gives us the gift to freely choose how we live our lives. Do you choose to follow God and trust in Him to lead you?

There are times in life where we experience walking through dark valleys, sometimes having bad days, weeks or years. No matter what we go through, God our Shepherd is with us and we shall fear no evil because of that. Know and trust that the Lord is there comforting us during these times and also there as we continue to walk out of the dark valleys too! Remember the blessings that God has given us and the promise of eternal life with Him in His Kingdom.



pessimist:  
glass half empty

optimist:  
glass half full

psalmist:  
"my cup runneth  
over..."

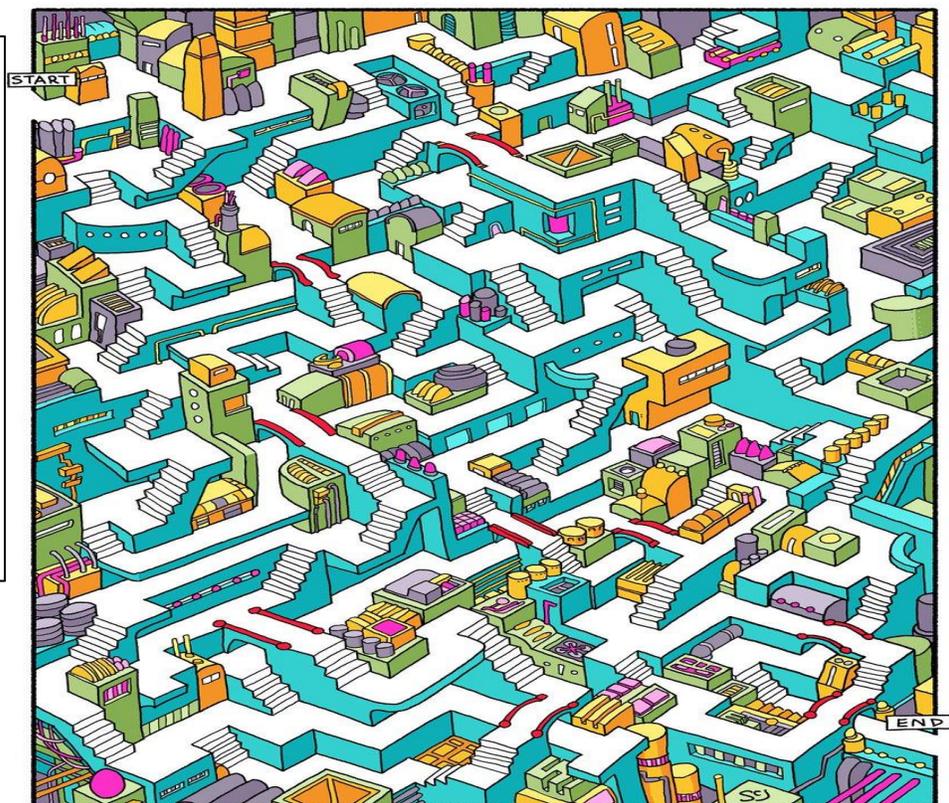
Psalm 23:5

## PRAYER:

Comforting God,

Thank you for being our good shepherd, leading us through the good and the bad. Give us the wisdom to trust in you wholeheartedly and to know that you are waiting for us in Your Kingdom.

Amen



# Recipe: Shepherd's Pie

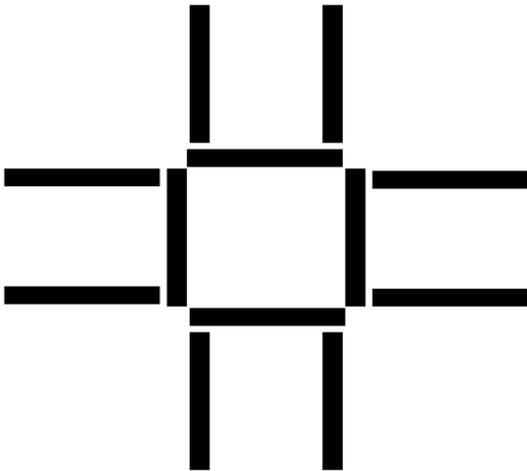
- 1 tablespoon extra-virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 teaspoon fresh rosemary leaves, finely diced
- 500g lamb mince
- 2 tablespoons plain flour
- 1 tablespoon Worcestershire sauce
- 2 tablespoons tomato paste
- 2 cups Massel beef stock
- 800g cream delight
- Potatoes, peeled and chopped
- ½ cup milk
- 50g butter

## Method:

1. Heat oil in a frying pan over medium heat. Add onion, garlic, carrot and celery. Cook, stirring, for 10 minutes or until softened. Add rosemary. Cook for 1 minute or until fragrant. Increase heat to high. Add mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned.
2. Add flour. Cook, stirring for 2 minutes. Add Worcestershire sauce and paste. Cook, stirring, for 1 minute. Add stock. Bring to the boil. Reduce heat to low. Cook, stirring occasionally, for 25 to 30 minutes or until thickened. Season with salt and pepper.
3. Meanwhile, place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 10 to 12 minutes or until tender. Drain. Return to pan over low heat. Add milk and ½ the butter. Mash until smooth.
4. Preheat oven to 200C/180C fan forced. Spoon mince mixture into an 8 cup-capacity baking dish. Top with mash, using a fork to spread out over mince mixture. Dot with remaining butter. Bake for 20 minutes or until golden. Serve.

# Staying Sane!

Create 3 squares moving only 3 sticks



## PRAYER PUPS BY JEFFREY SMITH



# Challenge!

Everyone follows someone or something and listens to a voice that leads and directs their paths. The question is this: Who are you following? Who are you listening to? Who is your shepherd? The great, ever-existent "I AM" who is the Lord God of all creation wants to be your shepherd. He wants to give you rest. He wants to give you victory. He wants to give you a place to call home and be with you for eternity. Like David, call upon the Lord as your shepherd today and allow him to lead you.

**Challenge:** What is one area of your life that you struggle with to follow God as your shepherd? This week try to surrender this area to God and trust in Him to lead you.