

## "BREATHE EASY AND KNOW GOD IS WITH YOU"

Silence, stillness, and centering before God (2-5 minutes)



### SCRIPTURE / PSALM 23:1-5

**1** The Lord is my shepherd, I lack nothing. **2** He makes me lie down in green pastures, he leads me beside quiet waters, **3** he refreshes my soul. He guides me along the right path for his name's sake. **4** Even though I walk through the darkest valley, east 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 overflows.



### DEVOTION BY PASTOR JARROD ODA

In verse 4, how can you walk through the darkest valley and fear no evil? It's because God is with you! You are never alone, you walk with God. How is it that a rod and staff can be comforting to you? It is because it is used to guide you. If you are heading toward the edge of a cliff, God will use it to guide you back. If you ever ignore the guiding of the rod and staff and you fall off the cliff, God will use it to pick you back up. God is the Good Shepherd, and He will be that for you, if you just follow Him.

Verse 5 says: You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. This is an allegory and it is a magnificent banquet that is provided by a strong and benevolent host, who not only has the resources to provide this banquet for you but also has the power to protect you even if you are surrounded by enemies, and in this way you can sit down at this table with confidence knowing you are perfectly safe with Him.

Have you ever turned to God while walking through the darkest valleys of your life, a valley that you emerged from? What was that outcome? I'm willing to say that it ended with you beside quiet waters...whether it was a yes answer to your prayer or

a no, it ended with you beside quiet waters! This is because only God can do that, only He can refresh your soul. No matter how it ends, when we realize that God is with us, we will not lack anything for any situation. It may take time for us to come around, and it may take time for the waters to become quiet, but in the end...it is well with our soul.



### REFLECT

Think deeply, process, and talk to the Lord (2-5 minutes)

- Dwell upon one of those times when you walked through the darkest valley. Remember and reassure yourself that He has done it before and He will do it time and again. You will find rest in Him no matter the circumstances!
- Take a moment to rest for a moment in His presence...breathe easily knowing that God is with you.