

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Psalm 23

1 The Lord is my shepherd; *
I shall not be in want.
2 He makes me lie down in green pastures *
and leads me beside still waters.
3 He revives my soul *
and guides me along right pathways for his Name's sake.
4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me;
your rod and your staff, they comfort me.
5 You spread a table before me in the presence of
those who trouble me; *
you have anointed my head with oil,
and my cup is running over.
6 Surely your goodness and mercy shall follow me all
the days of my life, *
and I will dwell in the house of the Lord for ever.



COLLECT

Almighty God, through
the waters of baptism
your Son has made us
children of light. May we
ever walk in his light
and show forth your
glory in the world;
through Jesus Christ our
Lord, who is alive and
reigns with you and the
Holy Spirit, one God,
now and for ever.
Amen.



Duccio (d. 1319) *Healing of the Man Born Blind*, National Gallery, London.

“What an example of firm faith the blind man gives us! A living, operative faith. Do you behave like this when God commands, when so often you can’t see, when your soul is worried and the light is gone?” — St. Josemaria Escriva

““Don’t shine so that others can see you. Shine so that through you, others can see Him.” — C.S. Lewis

“Rejoice with Jerusalem and be glad because of her, all you who love her.” — Isaiah 66:10 (NIV)

The Psalm set for the Fourth Sunday of Lent is Psalm 23 - The Lord is My Shepherd. This is a very familiar Psalm and one that often journeys with us through life. This is a short Psalm but contains themes of provision, abundance, and restoration. Today you’re invited to spend some time reflecting on the text of the Psalm thinking about God’s provision, abundance and restoration.

Psalm 23 (The Message) by Eugene Peterson

GOD, my shepherd!
I don’t need a thing.
You have bedded me down in lush meadows,
you find me quiet pools to drink from.
True to your word,
you let me catch my breath
and send me in the right direction.

Even when the way goes through
Death Valley,
I’m not afraid
when you walk at my side.
Your trusty shepherd’s crook
makes me feel secure.

You serve me a six-course dinner
right in front of my enemies.
You revive my drooping head;
my cup brims with blessing.

Your beauty and love chase after me
every day of my life.
I’m back home in the house of God
for the rest of my life.

The Message© 1993, 2002, 2018 by Eugene H. Peterson

To Listen:

The Lord’s My Shepherd by Stuart Townend

The God of love my Shepherd is by George Herbert

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>