

Knowing God as Our Shepherd

Psalm 23

A midlife crisis is a transition of identity and self-confidence that can occur in middle aged individuals, typically 45–64 years old.

The phenomenon is described as a psychological crisis brought about by events that highlight a person's growing age, inevitable mortality, and possibly shortcomings of accomplishments in life.

How God (shepherd) takes care of us

God knows who we are and how to provide for us	God leads us and protects us	God heals us
He makes me lie down in green pastures	He leads me in the path of righteousness for His name sake	You anoint my head with oil
He leads me beside still waters	I walk through the valley of the shadow of death	My cup overflows
He restores my soul	your rod and your staff comfort me	
	you prepare a table before my enemies	

“Your father knows what things you have need of, before you ask of him.

Pray like this:

Our **Father** in heaven...

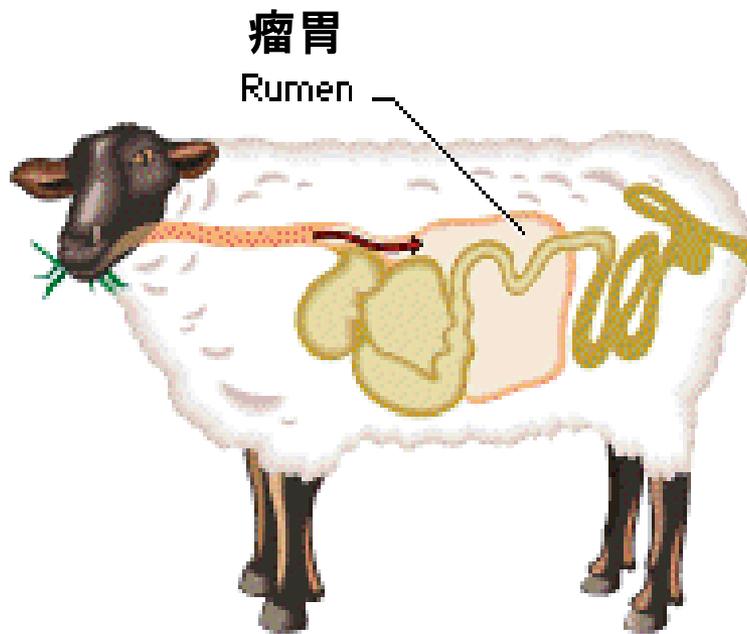
Matthew 6:8-9

14 “I am the good shepherd; I know my sheep and my sheep know me— 15 just as the Father knows me and I know the Father—and I lay down my life for the sheep.

John 10:14

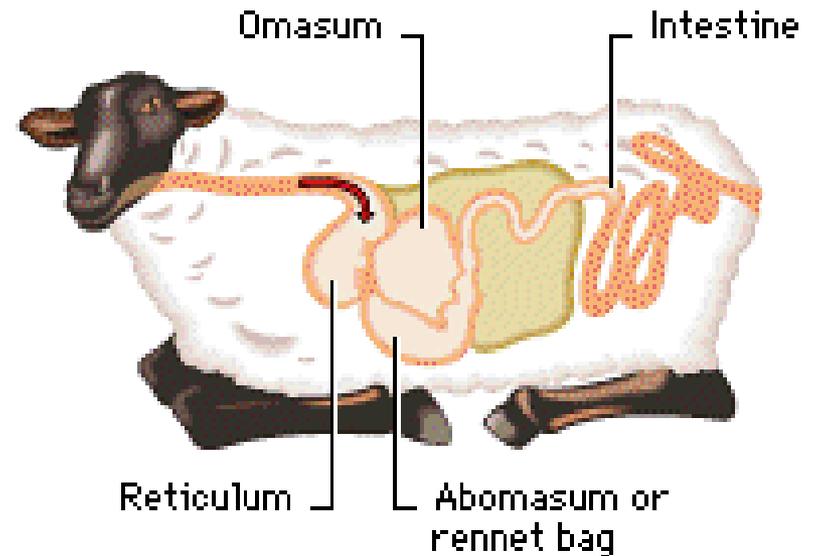
God knows who we are
and how to provide for us





Grazing

Plant material is chewed a little before being swallowed.
 Part-digested food is stored in the rumen where it is broken down into cud by bacterial action.



Ruminating

反芻的食物 → Cud is regurgitated and chewed again while the ruminant is lying down.
 Food swallowed for the second time bypasses the rumen.
 Food is finally processed by acids and digestive enzymes in the other stomach chambers.

HE MAKES ME LIE DOWN IN GREEN PASTURES



HE LEADS ME BESIDE THE STILL WATERS

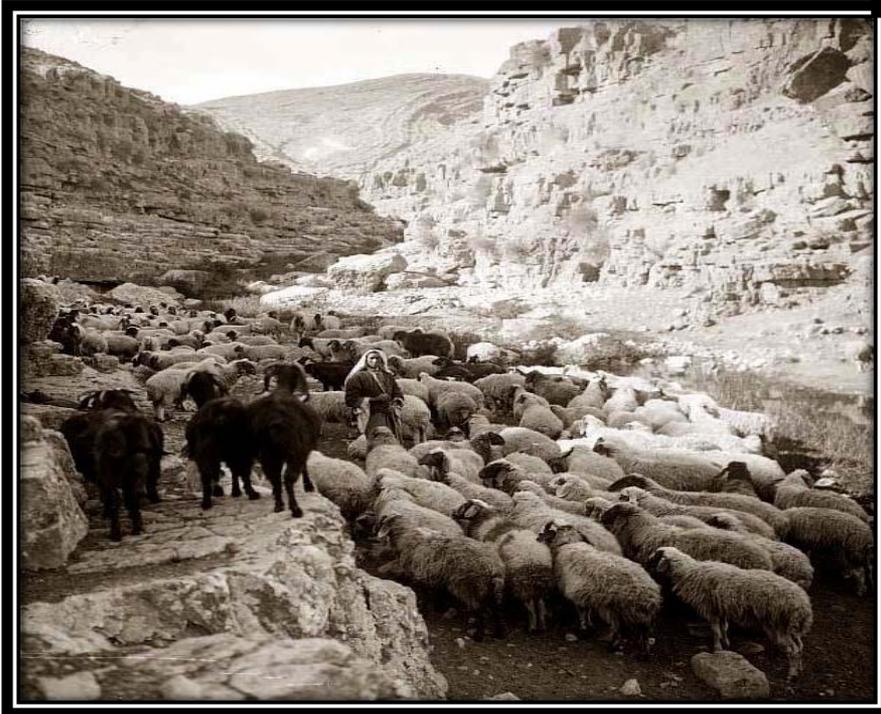


HE RESTORES MY SOUL (BRINGS LIFE)

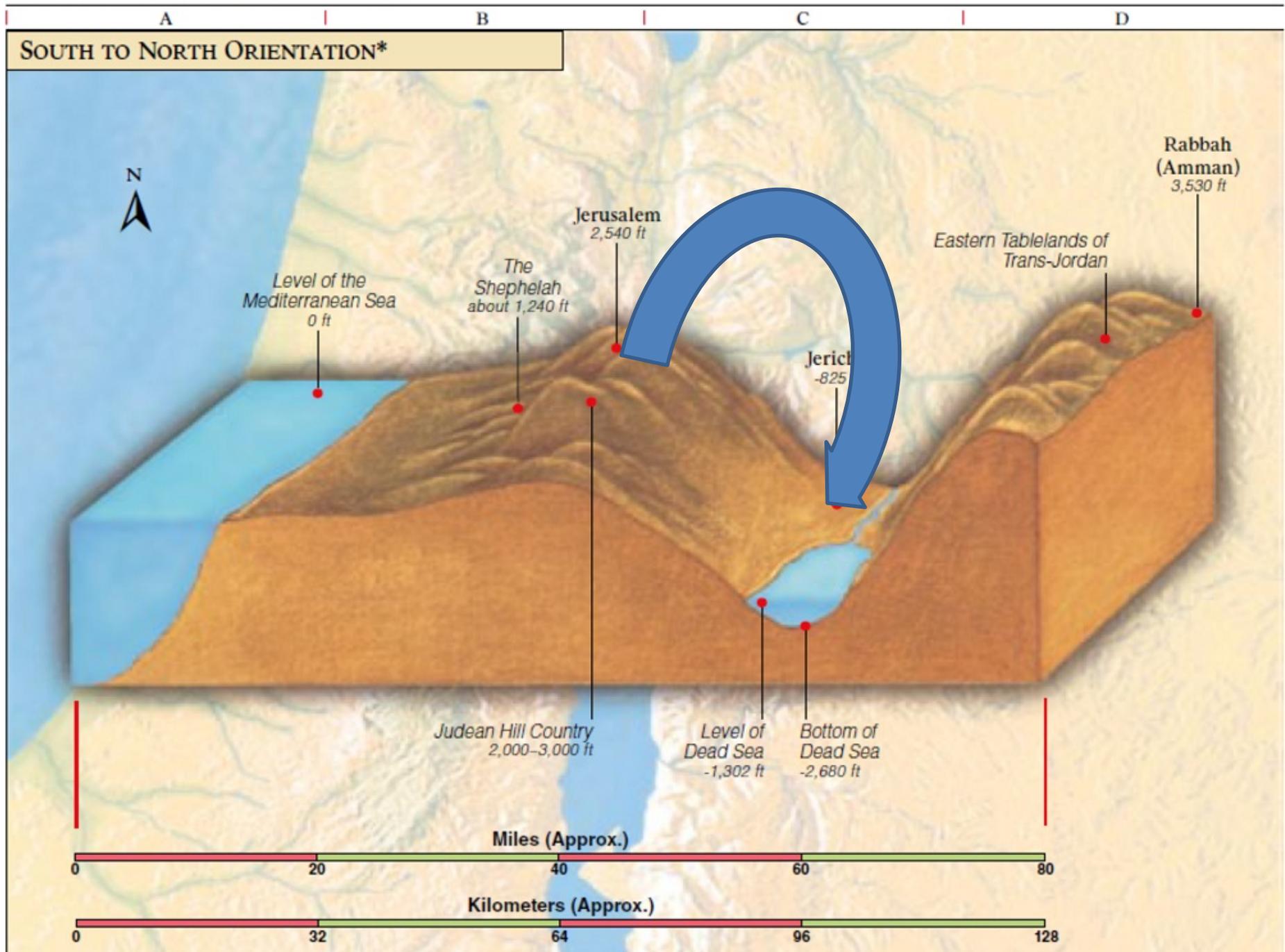


God leads and protects us

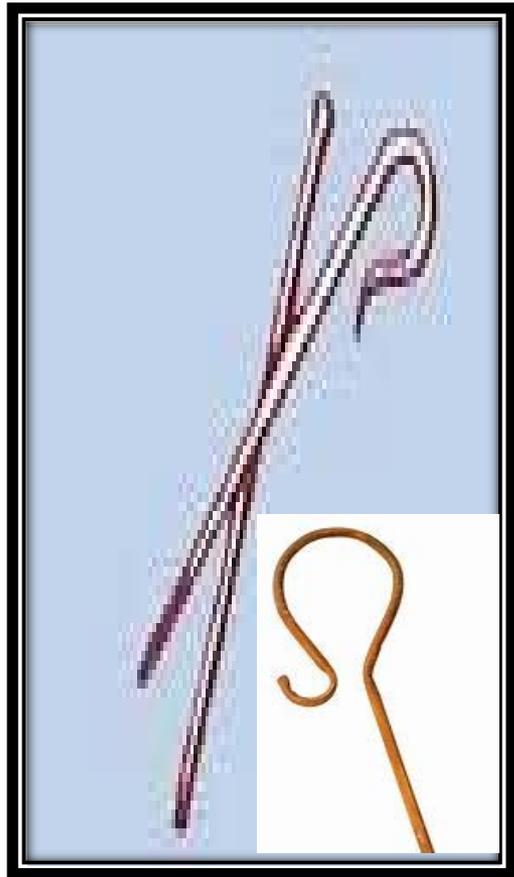
VALLEY OF THE SHADOW OF DEATH



14. Holy Land Elevations



YOUR ROD AND STAFF THEY COMFORT ME



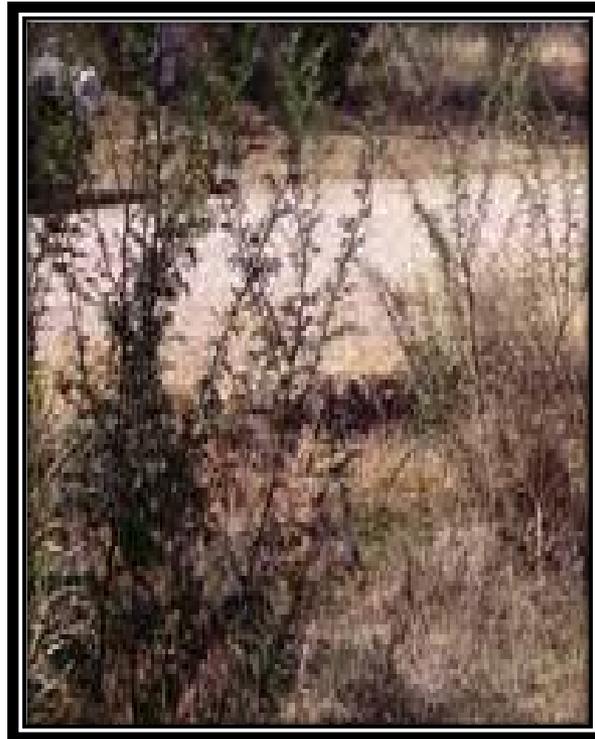
YOU PREPARE A TABLE BEFORE ME IN THE PRESENCE OF MINE ENEMIES



Western water Hemlock



Jimson Weed 吉姆森雜草



Plant - thorns



For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Romans 8:28

God heals all our wounds

YOU ANOINT MY HEAD WITH OIL MY CUP OVERFLOWS



Surely goodness and mercy will
follow me all the days of my life.
And I will dwell in the house of the
Lord forever

Ps. 23:6

"I am the resurrection and the life.
The one who believes in me will
live, even though they die; and
whoever lives by believing in me
will never die. Do you believe
this?"

John 11:25-26