SCRIPTURE:
The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for his name’s sake.
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.  —Psalm 23:1-4 KJV

MEDITATION:
Psalm 23 is a passage of scripture that I have known for most of my life, but only recently did I come to appreciate the true power of its meaning. The psalmist, King David, likened God to a shepherd. David, being a shepherd, knew what it meant to lead sheep to good pastures where there was some nourishment and safety from predators. He also knew what it meant to lead sheep to calm streams where they could quench their thirst without being swept away by turbulent waters. So, when David called God his shepherd, he was saying of God, "You are my caring provider and fierce protector." Psalm 23:4 shows the extent of David’s trust in God. As a shepherd, David personally knew what it was like to rescue his sheep from the claws of bears and the mouths of lions, so he trusted in God's protection, choosing to rest in the peace of God's presence, even when faced by the shadow of death. David had that innocent yet resolute childlike faith that he was secure in his father’s arms no matter what was happening in the world around him.

To David, God was like a shepherd. Who do you say God is? Is he your provider? Protector? And guide? There was a time in my life I would have answered those questions with a bold "Yes!" without assessing if my actions aligned with this declaration. I have learned to honestly ask myself, "Who do I run to first when challenges come my way? What are my coping mechanisms when stress and the pressures of life overwhelm me? Do I truly trust God, or do I lean on my own reasoning and sense of control over situations?" Reflecting on these questions, I have learned to pray a simple prayer every morning, "God, help me let you be my true shepherd today."

REFLECTION:
1. What things do you worry about?
2. In what ways do you subconsciously try to be your own shepherd?
3. What does it look like to find peace in God's guidance and sovereignty?

PRAYER:
Lord Jesus, thank you that you are the good shepherd, and that I can trust you. I pray that you help me to cast my cares onto you and to rest in the peace that comes from your presence. Help me let you be my true shepherd today. In Jesus's name. Amen.

ABOUT THE AUTHOR:
Merging her passion for science and research, and her love for Christ, Nyasha Gondora enjoys exploring the intersection of faith and science. She currently serves on the Canadian Scientific and
Christian Affiliation's Executive Council as the Student and Early Career Representative and is a leader of the Waterloo Chapter.

In 2013, Nyasha completed a BS in biochemistry and molecular biology at Trinity University in San Antonio, Texas. In 2020 she completed a PhD in neuroscience (with a focus in neuropharmacology) at the University of Waterloo. Currently, Nyasha is a postdoctoral research fellow; her research is focused on pharmacoepidemiology and drug safety.

In her free time, Nyasha enjoys hiking, spending time in nature, and reading. She is always excited to catch up with friends over a good cup of coffee.