

Psalm 23 - Comfort Me

The dictionary defines "comfort" as a state of physical ease and freedom from pain or constraint. We know all too well that in this life that condition is hardly ever reached. The Scripture tells us *"In this world you will have trouble. But take heart! I have overcome the world"* (John 16:33).

The comfort that is spoken of here is the protection that the shepherd provides with his rod and staff. That suggests the strength necessary to take care of us. The following are a few great examples from Scripture assuring us of God's comfort in all circumstances of our lives:

- Genesis 50:21: *"So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them.*" This was Joseph speaking to his brothers who had much guilt over what they had done to him in the past.
- Psalm 71:21; *"You will increase my honor and comfort me once more."* This is about God helping a struggling believer.
- Isaiah 66:13: *"As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem."* This is God speaking through Isaiah to His people who deserve much punishment but God is making everything new and bringing new hope.
- John 15:16: *"But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me."* (KJV) This is Jesus speaking to comfort His disciples when they were confused and saddened as He spoke of His death. The Comforter is the Holy Spirit who continually keeps us in touch with Jesus.
- The first 39 chapters of Isaiah speak of the punishment Judah (southern king) would receive for their many sins and be led into captivity in Babylon. Now Isaiah God tells Isaiah to say words of solace: Isaiah 40:1-2: *"Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her hard service has been completed, that her sin has been paid for, that she has received from the LORD's hand double for all her sins."* It is meant to comfort His people. That includes you and me.

We can cast our cares upon God because we know He cares deeply for us. We need to take God at His Word of grace. We need to hold fast to it and not let it be taken from us in any way.

Prayer:

Dear Lord, remind me often of your ability to protect me when I feel powerless and vulnerable. Let me come to you often when difficulties overwhelm me. Help me to know that you are always there for me. Amen.