

“A Personal View of Psalm 23”

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By Shirley Dobbs West

BIG SANDY, Texas—Recently, I heard a Bible study about the 23rd Psalm. The Bible study changed my life. I want to share some background about why this occurred.

My husband of 60 years died four years ago. Bedtime had always been “our time.” We had a wonderful routine.

- We would discuss the events of the day.
- We would make plans for the future.
- We would relive pleasant memories.
- We would hold hands and say a prayer.
- Then, we would go to sleep.

Since his death, bedtime has been a time of extreme loneliness and of shedding of tears. I asked God for help, but the lonely nights continued until the Bible study—which was the answer to my prayers.

I found comforting words in Psalm 3:4-5.

Psalm 3:4-5: “I cried unto the LORD with my voice and He heard me from His holy hill. I laid me down and slept. I awakened for the LORD remembered me.”

When I went to bed that night, I recited the 23rd Psalm, applying each verse to my life.

My Shepherd

“The Lord is my Shepherd.”

Jesus is my Shepherd and Guide.

Everything I need

“I shall not want.”

I have everything I need—food, shelter, clothing, a loving family and dear friends.

Peaceful life

“He makes me lie down in green pastures and leads me beside the still waters.”

As I recited the psalm, I lay in my comfortable bed in my little home in a safe, peaceful neighborhood surrounded by loving neighbors.

God's presence

"He restores my soul and leads me in the paths of righteousness for His own name's sake."

Reciting the psalm brought me extraordinary peace and a renewed sense of God's presence.

Through the valley

"Yea, though I walk through the valley of death, I fear no evil for Thy rod and-staff comfort me."

When my husband knew he was dying, he planned his memorial. As we talked, I told him: "We have always done things together, but I can't go with you through the valley of death."

He said: "Don't worry. I will not be alone. Jesus will be with me."

I believe that was true. The last 38 hours of his life, he slept peacefully without medication. When he drew his last breath, his countenance was so peaceful. I could only thank God and be grateful.

Full cup

"He prepares a table for me in the presence of my enemies. He anoints my head with oil and my cup overflows."

I probably have enemies, but I don't know them (except my archenemy, Satan the devil.) The Holy Spirit, God's Word, prayer and Christian fellowship help me to overcome temptation. My cup overflows because of the love of my family, friends and brethren.

Blessings in life

"Surely, goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever."

When I think of my mother's love that kept me from being aborted, I realize that goodness and mercy have followed me all my life—because I was given the opportunity to live.

I am now 83 years old, and I have lived a life filled with the love of my Savior, parents, siblings, husband, children, grandchildren, great-grandchildren, extended family and friends.

God is awake

I now memorize verses in the Psalms that apply to my life and recite them at bedtime. There is not more loneliness and fewer tears. When I get sleepy, I pretend I am holding my husband's hand and I say a prayer of thankfulness.

Then, I go to sleep in peace because God is awake.