



TEHILLIM TALKS

Psalms 23

A Psalm of David.

1-3

Adonai is my shepherd; I shall want for nothing. ² He makes me lie down in green pastures. He leads me beside still waters. ³ He continually **restores** my soul. He leads me in **paths** of righteousness for his name's sake.

מעגל
(ma'ageh)

4

Even though I walk through the valley of the **shadow of death**, I will **fear no evil**, for You are ever with me; Your [chastening] rod and Your [supporting] staff, they comfort me.

צלמות
(tza'l'mavet)
7x in Job

לא אירא דע
(lo ira ra)

5-6

You prepare a table before me in the presence of my enemies. You **refresh** my head with oil. My cup overflows. ⁶ Surely goodness and lovingkindness shall pursue me all the days of my life, and I shall **return/dwell** in the house of Adonai forever!

דשן
(deshan)
“enrich” + “ashes”

ושבתי
(v'shav'ti)
“return?” + “rest?”

Psalm 22 Psalm 23

(A blended reading)

My God, my God, why have You forsaken me? Why are You so far from saving me? **But You are my shepherd, and I shall want for nothing.** O my God, I cry by day, but You do not answer, and by night, but and there is no relief for me. **But I know that You will make me lie down in green pastures.** My strength is dried up like a potsherd, and my tongue sticks to my jaws. **But You will lead me beside still waters.** Rescue my soul from the sword, my essence from the hand of the dog! **You will restore my soul. You will lead me in paths of righteousness for Your name's sake.** Dogs encompass me; a company of evildoers encircles me. They have pierced my hands and feet. **But even though I walk through the valley of the shadow of death, I will fear no evil, for You are ever with me.** Your rod and Your staff, they comfort me. Though they divide my garments among them, and for my clothing they cast lots, **You will prepare a table before me in the presence of my enemies. You will refresh my head with oil. My cup will overflow.** And though all who see me mock me and make mouths at me. **I know that goodness and lovingkindness will pursue me all the days of my life.** You, Adonai, do not be far off! O You my help, come quickly to my aid! **And I shall return and dwell in the house of Adonai forever!**

REFERENCES:

Verse 1

Matthew 16:24-25 Then Yeshua said to His disciples, "If anyone wishes to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever wishes to save his life shall lose it; but whoever loses his life for My sake shall find it."

Verse 3

Psalm 19:7 The Torah of Adonai is perfect, restoring the soul...

Matthew 11:29 "Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."

Jeremiah 6:16 Thus says Adonai: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it and find rest for your souls. But they said, 'We will not walk in it.'"

Psalm 65:11 You crown the year with Your bounty. Your wagon tracks [מעגל, *ma'agal*] overflow with abundance.

Verse 4

Isaiah 9:2 The people who walked in darkness have seen a great light. Those who dwelt in a land of deep darkness, on them has light shone.

Verse 5

Proverbs 15:30 The light of the eyes rejoices the heart, and good news refreshes [דֶּשָׁן, *deshan*] the bones.

Proverbs 28:25 A greedy man stirs up strife, but the one who trusts in Adonai will be enriched [דֶּשָׁן, *deshan*].

Leviticus 6:10 And the priest shall put on his linen garment and put his linen undergarment on his body, and he shall take up the ashes [דֶּשָׁן, *deshan*] to which the fire has reduced the burnt offering on the altar and put them beside the altar.

Psalms 75:8 For in the hand of Adonai there is a cup with foaming wine, well mixed, and He pours out from it, and all the wicked of the earth shall drain it down to the dregs.