SUNDAY COMPANION

The Shepherd Is My Host

Week 6 | Psalm 23:5

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.”

1. He Prepares the Table — Provision

The Shepherd does not simply point us toward provision from a distance; He lovingly prepares it for us. The table in Psalm 23 is personal, intentional, and enough. In every season, God knows what His people need before they ask, and He provides with care that is faithful, near, and perfectly timed. As Philippians 4:19 reminds us, His supply flows from His riches, not from the limits of our circumstances.

2. He Protects Me — Security

The wonder of this promise is not that every enemy disappears, but that God’s presence remains steady even while they are near. The Shepherd gives His people a security that does not depend on peaceful surroundings. When pressure rises and fear presses close, He offers courage, steadiness, and peace. Jesus echoes this same assurance in John 16:33: in this world we will have trouble, but in Him we may take heart.

3. He Welcomes Me — Hospitality

The prepared table also speaks of welcome. God receives His people not as strangers standing at the edge of the room, but as honored guests brought near by grace. He refreshes the weary, restores the burdened, and cares tenderly for those who belong to Him. The anointing of the head is a picture of holy hospitality, reminding us of Luke 7:46 and the tenderness of being welcomed by the Lord Himself.

4. He Gives Generously — Abundance

The Shepherd’s generosity is never measured out barely or reluctantly. He gives with abundance. In Christ, the cup is not merely filled enough to endure; it overflows with grace, mercy, and life. John 10:10 points us to this fullness, reminding us that the life God gives is rich, generous, and more than enough for every need.

Prayerful Reflection

Lord, help me trust that You know what I need and that Your provision is never late, never lacking, and never careless.

Teach me to rest in Your peace even when difficulty remains, and remind me that Your presence is stronger than anything that stands against me.

Open my heart to receive Your welcome with gratitude, and let my life overflow with the grace, mercy, and generosity You have poured into me.