

# The Lord is My Shepherd: Breaking Free from Survival Mode

Are you tired of living paycheck to paycheck? Do you feel like you're constantly operating on empty, just trying to make it through each day? Many of us have normalized survival mode, but God has a better plan for our lives.

## What Does It Mean to Function in a Deficit?

Too many believers are living in ways that God never intended. We've become comfortable with:

- Functioning in a deficit - always needing something but still pushing through
- Normalizing survival mode - making it seem normal to barely get by
- Operating on fumes - running on empty with no reserves
- Having more month than money - stretching resources that don't stretch
- More things to do than time allows - overwhelmed by endless demands
- Lack of rest and stress because of it all

If any of these describe your current situation, it's time for a change. The good news is that God has provided everything we need in one powerful scripture.

## The Key to Transformation: Believing God's Word

The solution lies in Psalm 23, but there's one crucial requirement - you must believe. Prayer is the key, but faith unlocks the door. Faith comes by hearing, and hearing by the word of God.

What's blocking you from hearing God's word? Is it the music you listen to, the shows you watch, or the conversations you're having? Something may be preventing you from truly hearing what the Spirit is saying.

## Understanding Your Shepherd

### The Lord is My Shepherd

A shepherd is someone who tends, herds, feeds, and guards a flock of sheep. This involves guiding them to pasture, protecting them from harm, watching over them, leading them to food and water, protecting them from predators, and caring for them when they're sick.

When we recognize that the Lord is our shepherd, we have someone who will protect us, guard us, feed us, and take care of us when we're sick. We don't need anyone else - we have the Good Shepherd.

### I Shall Not Want

This means you shall not be in want - you don't have to live in deficit. To be "in want" means you're lacking something, you need something. But when the Lord is your shepherd, you don't have to function in deficit anymore.

# The Shepherd's Provision

## Rest in Green Pastures

"He maketh me to lie down in green pastures." Sometimes you have to be made to lie down because we just keep going until we fall out. God makes sure you get rest, and He gives you the best place to rest.

Green represents new beginnings and fresh starts. As we enter this new year, God is providing green pastures - fresh opportunities and new beginnings.

## Peace Beside Still Waters

"He leadeth me beside the still waters." Notice the roles here - His job is to lead, our job is to follow. Know your role.

Still waters represent calm and peace. When waters are still, nothing is stirring them up - it's peaceful and calm. Water is also good for cleansing and drinking. God leads us to places of peace even in a world of chaos.

## Soul Restoration

"He restoreth my soul." To restore means to bring back to the original state. Your soul represents your consciousness, mind, will, and emotions. How many of us need our emotions restored after difficult relationships or circumstances?

God wants to restore your mind, your consciousness, and your emotional well-being back to where He created them to be.

# Walking Through Difficult Times

## The Valley Experience

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me."

The word "yea" means "yes" - acknowledging that you will go through some things. Even as a believer, you'll face valleys. But notice it says you walk "through" the valley - you don't stay there.

The valley of the shadow of death doesn't mean you die, but death was near enough that you could see its shadow. Maybe you've been in a car accident, faced a serious illness, or lost someone close to you.

## No Fear in the Valley

Even in dark places, you don't have to fear because your Shepherd is with you. You're not alone in the storm. This is comforting - even when you've lost someone you love, God is still with you.

## The Rod and Staff

"Thy rod and thy staff they comfort me." The rod is for protection and correction. The staff with its hook is for guidance and bringing you back when you wander.

We're comforted knowing our Shepherd has the tools He needs and knows how to use them. When you're in unfamiliar territory, it's reassuring to know someone with you has the right equipment and experience.

# God's Abundant Provision

## A Prepared Table

"Thou preparest a table before me in the presence of mine enemies." God sets you up with everything you need while your enemies watch. You don't have to fight for yourself - He fights for you.

What God has for you is for you. Your enemies may have been plotting and scheming, but they'll have to watch as God blesses you.

### **Overflowing Abundance**

"Thou anointest my head with oil; my cup runneth over." God gives us everything we need and more. The anointing oil represents life and the Holy Spirit. Your cup running over means you have more than enough.

This is the God we serve - He makes sure we have what we need and more, if we're following His instructions and walking in His steps.

### **Lifelong Assurance**

#### **Goodness and Mercy Following You**

"Surely goodness and mercy shall follow me all the days of my life." This is guaranteed - goodness and mercy will follow you. Imagine having bodyguards behind you wherever you go. That's what it's like having God's goodness and mercy following you.

This isn't temporary - it's for all the days of your life, as long as you stay in His will.

#### **Dwelling in God's House Forever**

"And I will dwell in the house of the Lord for ever." This is our ultimate destination - living with God forever. That's why we need mercy and goodness following us throughout our lives - He's preparing us for eternal life.

### **Life Application**

It's time to stop normalizing survival mode and start believing that God wants to provide abundantly for you. This week, challenge yourself to truly trust God as your Shepherd. Stop trying to lead when your role is to follow. Allow Him to guide you to still waters and green pastures.

Instead of meditating on your problems, meditate on God's word day and night. Replace worry with worship, and anxiety with trust in your Good Shepherd.

Ask yourself these questions:

- Am I truly allowing God to be my Shepherd, or am I trying to lead my own life?
- What is blocking me from hearing and believing God's word?
- How can I move from survival mode to trusting in God's abundant provision?
- What areas of my soul need restoration - my mind, will, or emotions?

Remember, you don't have to function in deficit when the Lord is your Shepherd. He has everything you need, and His goodness and mercy are following you all the days of your life.