

The 23rd Psalm for Stressful People

The Lord is my pacesetter, I shall not rush. He makes me stop and rest for quiet intervals. He provides me with images of stillness, which restore my serenity. He leads me in ways of efficiency, through the calmness of mind. And His guidance is peace.

Even though I have a great many things to accomplish each day, I will not fret, for His presence is here, His timelessness, His all importance, will keep me in balance.

The Lord prepares refreshments and renewal, in the midst of my activity, by anointing my mind with His oils of tranquillity. My cup overflows with generous energy. Surely harmony and effectiveness, shall be the fruits of my hours. For I shall walk in the pace of my Lord, and dwell in His house,
FOREVER

Toki Miyashina