



*The 23<sup>rd</sup>  
Psalm*

A 12 Day Devotional



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Loved by Jesus.  
By Solace.

## *Introduction*

Psalm 23 is perhaps the most beloved passage in all of Scripture. It has been whispered at hospital bedsides, spoken over graves, memorized by children, and clung to by the weary for thousands of years. Yet familiarity, while comforting, can sometimes cause us to pass too quickly over its depths. We may know the words by heart and still miss the invitation they hold: not merely to recite the psalm, but to live within it.

This psalm is not written as a theological argument or a list of doctrines to affirm. It is a testimony — intimate, relational, and deeply personal. David does not speak about God in the abstract; he speaks to life itself from a place of lived experience. “The Lord is my shepherd.” This single word — my — sets the tone for everything that follows. Psalm 23 is the language of relationship, not religion; of trust, not performance; of presence, not pressure.

At its heart, Psalm 23 reveals who God is when we entrust ourselves to Him. It portrays a Shepherd who does not drive, dominate, or abandon, but one who leads, restores, and remains. This Shepherd knows when we need rest before we even ask for it. He knows how to guide us through darkness without fear. He knows how to nourish us, protect us, correct us, and bring us safely home.

Importantly, this psalm does not promise a life without valleys. The “valley of the shadow of death” is not avoided or denied — it is walked through. Yet even here, fear loses its authority, not because the valley disappears, but because the Shepherd is present. The comfort offered is not the absence of hardship, but the assurance of companionship. We are never alone on the path.

This devotional is designed to help you slow down enough to notice these movements of grace. Each reflection invites you to sit with a single phrase of the psalm, allowing it to speak not just to your intellect, but to your lived experience. The questions and prayers are not meant to be rushed or “completed,” but received gently — at a pace that honours where you truly are.

You may find that certain verses resonate more strongly than others, depending on the season of life you are in. Perhaps you are longing for rest, and the green pastures draw you in. Perhaps you are walking through uncertainty, and the Shepherd's nearness in the valley feels especially tender. Perhaps you are discovering anew the abundance of God's goodness, and your heart recognizes the truth: my cup overflows. Wherever you find yourself, Psalm 23 meets you there.

This study is also an invitation to release false shepherds — the voices and systems we are tempted to trust for our security, identity, or worth. Careers, relationships, achievements, even spiritual striving can quietly take the place of the Shepherd if we are not attentive. Psalm 23 gently reorients us, reminding us that true provision, guidance, and restoration come from the Lord Himself.

As you move through these reflections, allow yourself to be honest. Trust does not grow through pretending; it grows through presence. If resistance arises, notice it without judgment. If comfort comes, receive it without suspicion. The Shepherd

is not in a hurry. He leads at a pace that heals.

Above all, this devotional invites you to rediscover a simple and liberating truth: you are already held. Already known. Already cared for. The Shepherd does not wait for you to become stronger, wiser, or more faithful before He commits Himself to you. His goodness and mercy are not rewards — they are companions that follow you all the days of your life.

May these pages become a quiet pasture for your soul.

May you hear the Shepherd's voice again — perhaps more softly, perhaps more clearly than before.

And may you come to know, not just as an idea but as a lived reality, that to dwell with Him is both your present refuge and your eternal home.

— G. Solace

# The 23rd Psalm

(ESV)

THE LORD IS MY SHEPHERD;  
I SHALL NOT WANT.

HE MAKES ME LIE DOWN IN GREEN PASTURES.  
HE LEADS ME BESIDE STILL WATERS.  
HE RESTORES MY SOUL.  
HE LEADS ME IN PATHS OF RIGHTEOUSNESS  
FOR HIS NAME'S SAKE.

EVEN THOUGH I WALK THROUGH  
THE VALLEY OF THE SHADOW OF DEATH,  
I WILL FEAR NO EVIL,  
FOR YOU ARE WITH ME;  
YOUR ROD AND YOUR STAFF, THEY COMFORT ME.

YOU PREPARE A TABLE BEFORE ME  
IN THE PRESENCE OF MY ENEMIES;  
YOU ANOINT MY HEAD WITH OIL;  
MY CUP OVERFLOWS.

SURELY GOODNESS AND MERCY SHALL FOLLOW ME  
ALL THE DAYS OF MY LIFE,  
AND I SHALL DWELL IN THE HOUSE OF



I Shall Not Want - Solace

# Psalm 23:1

THE LORD IS MY SHEPHERD; I SHALL NOT WANT.

## *My Reflections*

A shepherd's calling is to guide, protect, and provide for the sheep entrusted to his care. His watchful eye ensures that their needs are met and their path is kept safe.

This verse begins with a bold declaration: it is the Lord God who is my Shepherd—not the doctor, not the boss, not the government. The Lord Himself, the One who rules over all and holds everything in His hands, is the One who tends to my life.

If I follow Him, I will lack nothing of true worth. What I need will be brought to me, or I will be led to it. And just as surely, He will lead me away from what does not serve my good.

Because of this, I can trust Him completely—to look after me, to guide my steps, and to place me where I need to be, at the right time, for the good of all. All I need to do is trust Him, and follow when He calls.

# Day 1

## *Scriptural References*

Ezekiel 34:11–12 (ESV) –

Jeremiah 23:3 (ESV) -

Isaiah 40:11 (ESV) –

John 10:11 (ESV) –

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or thoughts.

*A Closing Prayer*

Lord, help me to trust You fully, to follow where You lead, and to rest in the care of the Shepherd who knows me and loves me completely.

## Psalm 23:2

HE MAKES ME LIE DOWN IN GREEN PASTURES.

### *My Reflections*

To me, this is a profound reminder that the Lord not only cares for our well-being, but also intimately knows each of us as our Creator. He understands our deepest needs—even the need to rest and find peace amidst the abundance of life.

This verse speaks to the trust we can place in Him. To lie down in green pastures is to surrender—to pause and allow His provision to meet our every need. He made us for such rest, and His sufficiency is more than enough.

It also marks a moment of renewal: a time of stepping out of doubt, fear, and anxiety. For many, this is a season of surrender, a gentle invitation to release the long struggle to survive and to let the Good Shepherd carry the weight. He knows our needs, and when we entrust ourselves to Him, He provides exactly what we require, at the perfect time, for our ultimate good.

## Day 2

### *Scriptural References*

Ezekiel 34:13-15 (ESV) -

Isaiah 32:18 (ESV) -

John 10:9 (ESV) -

### *Opportunities to Apply This*

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*Your Ponderings*

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*A Closing Prayer*

Lord, help me to rest in Your care and trust Your provision. May I surrender my burdens to You, and receive the peace and restoration only You can give.

## Psalm 23:2

HE LEADS ME BESIDE STILL WATERS.

### *My Reflections*

This verse reaffirms God's tender awareness of our needs and His faithful provision. Rather than leading us through turbulent waters that drain and overwhelm us, He guides us beside still waters, where we can nourish our souls and find rest.

On a deeper level, I see this as a reflection of His manner of guidance. For those of us who have received His presence and are learning to trust the Shepherd, His peace becomes our guide. We release the weight of past anxieties and, by faith in His good will, receive peace in the present moment.

The still waters of His presence remind us that we need never fear. He is with us, watching over us, and if we follow Him, peace is restored. We are led beside the still waters—to know and dwell in His peace.

## Day 3

### *Scriptural References*

Jeremiah 31:9 (ESV) -

Isaiah 49:10 (ESV) -

Revelation 7:17 (ESV) -

Revelation 22:17 (ESV) -

### *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or thoughts.

*A Closing Prayer*

Lord, guide me beside Your still waters. Help me to release anxiety, trust Your gentle leading, and receive the peace that only Your presence can bring.

# Psalm 23:3

HE RESTORES MY SOUL.

## *My Reflections*

As we rest in Him, our souls are restored. We are led into peace, and part of that process is surrendering or repenting of anything that does not serve our highest good—those things that steal our peace and divide our hearts.

In the stillness of His presence, we begin to recognize the small compromises we have made—choices that may have seemed insignificant at the time, yet have slowly wounded our souls and sown seeds of doubt. These compromises can leave us fearful of the future, questioning whether His presence is enough to sustain us.

When we examine these compromises in the light of His peace, we see that their cost far outweighs any temporary benefit. God's restoration is gentle but powerful, gradually healing what has been broken and guiding us back to the fullness of life in Him.

# Day 4

## *Scriptural References*

Is 30:15 (ESV) -

Ex 33:14 (ESV) -

Mt 11:28–30 (ESV) -

Je 30:17 (ESV) -

Is 40:31 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

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*A Closing Prayer*

Lord, restore my soul. Help me to surrender what steals my peace and trust in Your gentle restoration. Lead me into paths of righteousness and guide me in Your perfect care.

# Psalm 23:3

HE LEADS ME IN PATHS OF RIGHTEOUSNESS  
FOR HIS NAME'S SAKE.

## *My Reflections*

One of the greatest blessings in walking with the Lord is how gently He guides. When I stumble, He does not condemn but lovingly convicts, showing me where I've erred so I may step into something better. He does not force me into righteousness; He leads me—patiently, faithfully—until I come to see for myself the wisdom of His ways and desire them with my whole heart.

Some patterns are not easy to release, especially when they are deeply rooted in long-lived habits or tied to things I've clung to for comfort, even when they've harmed me. Yet His mercy is ever new, and His love never fails. Even when the path feels long, He walks beside me, and I know each step is drawing me nearer to freedom and peace in His presence.

As I follow, I find that His conviction is not a burden but a gift, shaping me into someone who walks in truth, and who honors His name with a life renewed in hope.

# Day 5

## *Scriptural References*

Jn 10:9-10 (ESV) -

Jn 5:19-21(ESV) -

Ro 8:5-6 (ESV) -

Col 3:1-2 (ESV) -

2 Co 3:18 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or ponderings.

*A Closing Prayer*

Lord, thank You for Your gentle leading. Teach me to walk in Your ways, not out of fear but from love. Where I cling to things that harm me, give me the courage to let go, and the faith to trust that You are guiding me toward freedom. May every step I take honor Your name and draw me deeper into the peace of Your presence. Amen.

## Psalm 23:4

EVEN THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH, I WILL FEAR NO EVIL, FOR YOU ARE WITH ME;

### *My Reflections*

This is a tender reminder that even in our darkest seasons—when the path ahead feels uncertain, the weight of fear presses in, and His presence seems hidden—we are not alone. Our Shepherd walks with us. The shadows may loom large, yet they cannot overcome the light of His strength, love, and peace.

Even when the outer world feels oppressive, we are invited to trust Him, to let His presence unbind us from fear and lead us back into harmony with His purpose. It isn't always easy, but when we open our hearts to His promise of life and restoration, years of bondage can fall away in a moment. Like light breaking into darkness, His peace and joy wash over us, renewing our souls and setting us free.

## Day 6

### *Scriptural References*

Is 41:10 (ESV) -

Is 43:2-3 (ESV) -

Ex 14:13–14 (ESV) -

Ps 3:6 (ESV) -

Mt 28:19–20 (ESV) -

### *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or ponderings.

*A Closing Prayer*

Shepherd of my soul, when shadows surround me, remind me that I am never alone. Strengthen my heart to trust You, even when the way forward is hidden. Break the chains of fear and doubt, and lead me into the freedom of Your peace. May Your light be my comfort, and Your presence my courage. Amen.

# Psalm 23:4

YOUR ROD AND YOUR STAFF, THEY  
COMFORT ME.

## *My Reflections*

The Shepherd's rod and staff are signs of His guiding presence. Sometimes they reveal errors we would rather not acknowledge; other times they encourage us to keep walking a good path that leads to blessing. In both, we are drawn into deeper relationship with Him.

As we walk with the Lord, we come to know His loving, supportive nature. His faithfulness never fails, even when circumstances cloud our awareness. We learn that we can rely on Him, trust Him, and rest in His care. So even when His rod gently corrects us, or His staff redirects us in ways that may feel uncomfortable, we find comfort in His mercy and love.

Over time, what once felt like discipline becomes reassurance. His correction is never condemnation, but a gift that restores us into His peace. His presence is our liberating grace, and even in challenge, His rod and staff remind us we are safe in His hands.

# Day 7

## *Scriptural References*

Mic 7:14 (ESV) -

Ex 14:15-16 (ESV) -

Nu 20:8-9 (ESV) -

Pr 3:11-12 (ESV) -

John 15:2 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or thoughts.

*A Closing Prayer*

Faithful Shepherd, thank You for guiding me with both gentleness and strength. Teach me to welcome Your correction as a gift of love, and to rest in the assurance that Your mercy leads me always toward peace. May Your rod and staff be my comfort, and Your presence my joy. Amen.

# Psalm 23:5

YOU PREPARE A TABLE BEFORE ME IN THE PRESENCE OF MY ENEMIES;

## *My Reflections*

There are times when, out of their own wounds or long-carried pain, others may act against us. Their words or actions may seek to limit us, or even cause harm, in an effort to soothe their own brokenness. Though this can wound us deeply, the Lord reminds us that no enemy can truly prosper against His children.

When we rest in His care and follow the quiet promptings of His Spirit, He turns even these moments into opportunities for blessing. He sets a table of His favor before us, showing that we belong to Him. His provision not only strengthens us but also becomes a witness to His abiding love—an invitation for those in enmity to turn, repent, and be restored in His presence.

In His hands, what once felt like opposition becomes a stage for His goodness, mercy, and unfailing love to shine forth.

# Day 8

## *Scriptural References*

Ps 78:19-20 (ESV) -

Jn 6:51 (ESV) -

Jn 15:1–2 (ESV) -

Ps 22:26 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or thoughts.

*A Closing Prayer*

Lord, when I face opposition, help me not to fear, but to rest in Your favor. Let the table You prepare before me be a place of peace and testimony to Your goodness. May even those who oppose me glimpse Your mercy and find their way back to Your love. Amen.

# Psalm 23:5

YOU ANOINT MY HEAD WITH OIL;

## *My Reflections*

To be anointed by the Lord is to be set apart, with grace, for His purposes. In ancient times, oil was poured upon the head of one chosen—prophets, priests, and kings—as a sign of honor, calling, and blessing. In Christ, we too share in this sacred anointing, not by the hand of man but by the Spirit of God.

As we grow in intimacy with Jesus and allow His love to heal and shape us, His Spirit rests upon us. This anointing is not for ourselves alone but so that His life and blessing may flow through us into the world. To be anointed is to carry His presence, His healing, and His purpose into the world around us.

# Day 9

## *Scriptural References*

Ps 133:2 (ESV) -

Is 61:1 (ESV) -

Mt 9:36–38 (ESV) -

Ps 45:7 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or ponderings.

*A Closing Prayer*

Lord, thank You for anointing me with Your Spirit. Teach me to walk humbly in the calling You have placed upon my life. May Your love flow through me as healing and blessing for others, and may all I do bring honor to Your name. Amen.

# Psalm 23:5

MY CUP OVERFLOWS.

## *My Reflections*

Life with God is not marked by scarcity but by abundance. In His presence, we are filled to overflowing—not just with what we need for ourselves, but with more than enough to pour out into the lives of others. This is the nature of His blessing: it does not stop with us.

As we walk daily with the Lord, His Spirit fills our cup with peace, joy, and love. These fruits of His presence spill over into our families, our friendships, and even into the lives of strangers we encounter. Sometimes the overflow comes in simple ways—a kind word, a gentle act of compassion, or a quiet prayer for someone in need. Other times, it is seen in the strength He gives us to endure trials, which in turn encourages those around us.

The overflowing cup is a picture of His generosity and faithfulness. He does not merely sustain us; He delights to bless us beyond measure, so that our lives become living testimonies of His goodness.

# Day 10

## *Scriptural References*

Jn 7:37–39 (ESV) -

Ps 116:13 (ESV) -

Joel 2:28–29 (ESV) -

2 Co 4:7 (ESV) -

Ps 16:5 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or thoughts.

*A Closing Prayer*

Lord, thank You that in Your presence my cup is never empty but always overflowing. Teach me to receive Your blessings with gratitude and to share them freely with others. May my life be a vessel through which Your love, joy, and peace pour out to bless the world around me. Amen.

# Psalm 23:6

SURELY GOODNESS AND MERCY SHALL  
FOLLOW ME ALL THE DAYS OF MY LIFE,

## *My Reflections*

As we grow in relationship with the Lord and allow His blessings to flow through us, we come to know His faithful nature more deeply. Each day spent in His presence builds trust and intimacy, revealing that His grace is not just for a moment, but for a lifetime. His goodness is not earned—it is poured out freely through His love. His mercy is not conditional—it is renewed every morning for those who receive it in faith.

There are seasons where life feels heavy, and His nearness is harder to perceive. Yet as we look back on the path we have walked, we can see His hand guiding, protecting, and blessing us—even in the valleys. With time, we learn to trust that His goodness and mercy do not simply appear here and there, but follow us—unceasing, steadfast, and unfailing—every step of our journey. He has our back, and His heart is always toward us.

# Day 11

## *Scriptural References*

Mk 6:34 (ESV) -

Ps 1:1–3 (ESV) -

Jn 15:7–8 (ESV) -

Php 4:19-20 (ESV) -

## *Opportunities to Apply This*

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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for writing reflections or ponderings.

*A Closing Prayer*

Lord, I thank You that Your goodness and mercy pursue me all the days of my life. Help me to trust in Your faithfulness, even when I cannot see the way forward. May I walk with confidence, knowing that Your love surrounds me and Your mercy upholds me, now and forever. Amen.

# Psalm 23:6

AND I SHALL DWELL IN THE HOUSE OF THE LORD FOREVER.

## *My Reflections*

The promise of God is not only for this life, but for all eternity. His gift is the unshakable assurance of His presence—now and forevermore. As we welcome Him into our hearts, surrendering to His love and mercy, we come to see that dwelling with Him is not just a future hope, but a present reality.

Even now, through faith, we taste the joy of His nearness. His Spirit makes His home in us, and we are drawn into the glory of His holiness, where peace and love have no end. To dwell in the house of the Lord forever is to be fully embraced by His presence, both in this life and in the life to come.

This verse is the final seal of the Shepherd's promise: that His care, His goodness, and His love will never leave us, and that our place with Him is secure for all eternity.

# Day 12

## *Scriptural References*

John 10:9-10 (ESV) -

Lk 15:4-6 (ESV) -

Jn 3:16-17 (ESV) -

Re 7:17 (ESV) -

## *Opportunities to Apply This*

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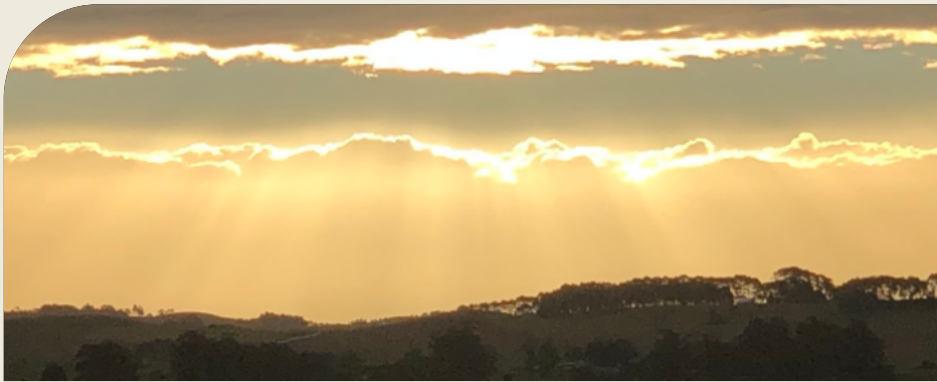
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*Your Ponderings*

A large, empty rounded rectangular box with a thin blue border, intended for the user to write their thoughts or reflections.

*A Closing Prayer*

Lord, thank You for the promise of Your eternal presence. Teach me to rest in the truth that I already dwell in Your house, carried by Your Spirit and surrounded by Your love. May my life be a reflection of the home You are preparing for me, until the day I see You face to face and dwell with You forever. Amen.



## *You are warmly invited into a new life in Christ*

God has a beautiful plan for your life — a plan for goodness, hope, and a future filled with His love. (Jeremiah 29:11)

At 'Loved by Jesus', we joyfully invite you to discover the freedom, healing, and purpose that can only be found through a relationship with Jesus Christ.

Through Jesus, we are welcomed into the very heart of God the Father — adopted as His beloved children, led tenderly by the Good Shepherd and the Holy Spirit, and given a brand-new life filled with His Spirit.

## *Why Jesus?*

The Bible teaches us that all humanity has fallen away from God's perfect love through sin. (Romans 3:23)  
Yet because of His great compassion, God made a way for us to be restored.

Jesus, though fully God, humbled Himself and came to earth as a man. He lived a perfect life and willingly bore our sin on the cross, dying in our place. (Philippians 2:5–11)

By His sacrifice, the barrier of sin was torn down, and through His resurrection, we are given new life.

We are invited to come boldly into God's presence — not by our own efforts, but by the grace offered through Jesus Christ. (Hebrews 4:16)

## *How Are We Saved?*

We are saved by grace, through faith — it is the gift of God, not by works, so no one can boast. (Ephesians 2:8–9)

When we believe in Jesus Christ — trusting in His death and resurrection — and invite Him into our hearts, we are forgiven, made new, and sealed with the Holy Spirit.

We become part of God’s family, His dearly loved sons and daughters. (John 1:12) The Holy Spirit comes to dwell within us, leading us day by day, transforming us from glory to glory into the image of Christ. (2 Corinthians 3:18)

### *A New Journey Begins*

Salvation is a beautiful beginning.

Though our salvation is assured by the grace of God, we are invited to walk daily with Him — allowing the Holy Spirit to guide and shape our lives.

We learn to live in forgiveness, love, and grace — because He first loved us. (1 John 4:19)

The Good Shepherd gently leads us beside still waters, restores our souls, and teaches us to walk in paths of righteousness for His name’s sake. (Psalm 23)

### *Are you Ready to Get to Know Jesus Better?*

If you feel Jesus gently knocking at the door of your heart, you can respond with a simple, heartfelt prayer:

#### *A Prayer to Begin Your Journey*

“Lord Jesus, I believe that You are the Son of God. I believe that You came to earth, lived a perfect life, died for my sins, and rose again to give us new life.

I ask You now to come into my heart. Be my Savior, my Good Shepherd, and the Lord of my life.

Please forgive me, renew me, and lead me each day by Your Spirit. Thank You for making me your child, a child of God .Help me to walk with You from this day forward, growing in love, faith, and joy.

Lord Jesus, In Your Name I pray.

Amen.”

*A Special Note for You*

If you prayed that prayer, heaven is celebrating, and so are we! (Luke 15:7)

You are now a beloved child of God — adopted into His eternal family. Through the Love of Jesus Christ.

You are not alone. The Holy Spirit is with you every step of the way, leading you into the life of hope, joy, peace, and purpose that God has prepared for you.

*Welcome home.*





## *Loved by Jesus*

Loved by Jesus is the devotional and Bible study arm of The Heart of Compassion — a space created to help people rest in God’s love, rediscover trust in His presence, and be gently restored through Scripture.

These Bible studies and devotionals are written for those who may feel weary, anxious, uncertain, or spiritually tired — for anyone who needs to be reminded, not through pressure or performance, but through presence, that they are deeply and personally loved by Jesus.

Everything shared through Loved by Jesus is offered freely. The reflections are contemplative and pastoral in nature, inviting readers to slow down, listen with the heart, and encounter God not as a distant idea, but as a faithful Shepherd who walks with them through every season of life.

This work has grown out of my own healing journey — learning to trust God’s care, to rest when striving no longer served me, and to allow His goodness and mercy to lead rather than fear or effort. What has been received has been offered onward, with the prayer that others might find the same peace, safety, and renewal.

If these studies or devotionals have been meaningful to you, this page offers a simple way to support the ongoing work of Loved by Jesus. Your support helps cover the practical costs involved in creating and sharing these resources — including time for writing and prayerful reflection, design and layout, artwork licensing, website hosting, and keeping everything freely accessible to those who need it.

If you feel led, and are in a position to do so, you are warmly invited to make a one-time donation or to become a monthly supporter. A monthly gift of \$3.33 may seem small, but when shared by many, it makes a real and sustaining difference.

There is no obligation. These writings are a gift, and they will remain so. Supporting this work is simply an opportunity to partner in nurturing a quiet, compassionate space where people can encounter the truth that they are — and always have been — loved by Jesus.

Thank you for being here. Whether you give, share, or simply receive, I pray that God's presence continues to meet you with grace, peace, and restoration.



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