**April 4, 2023**

**Write a prayer based on Psalm 23**

Dear Heavenly Father,

As I come before you today, I am reminded of the words of Psalm 23, which says, "The Lord is my shepherd; I shall not want."

Lord, you are the one who guides me and leads me down the right path. You provide for me in every way, both physically and spiritually. I am so grateful for your loving care and protection.

Lord, as I walk through the valley of the shadow of death, I know that you are with me. Your rod and your staff comfort me, and I am not afraid.

Lord, you prepare a table before me in the presence of my enemies. You anoint my head with oil and my cup overflows.

Lord, surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Father, I thank you for your unwavering love and care. May I always remember that you are my shepherd, and may I follow your guidance in every area of my life.

***In Jesus' name, I pray***. Amen.

**Explain the meaning of "my cup overflows."**

The phrase "my cup overflows" comes from Psalm 23:5, which says, "You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows."

In the context of the psalm, the phrase is a metaphor for God's abundant blessings and provision. The image is of a cup that is filled to the brim and then overflows with its contents. It suggests that God's blessings are so plentiful that they spill over and cannot be contained within the cup.

The psalmist is expressing gratitude and joy for God's generosity and provision in their life. The overflowing cup is a powerful symbol of God's abundance and the psalmist's sense of being overwhelmed with gratitude for all that God has done for them. It is a beautiful reminder that God is a generous and loving provider who wants to bless us beyond our wildest dreams.