



FINDING PEACE, COMFORT, *and* STRENGTH THROUGH PSALMS

Devotional / Coloring / Activity Book

PRAISE PUBLISHING HOUSE

1. Introduction

A Journey of Rest and Renewal in God's Presence

Life can be overwhelming. In the midst of chaos, grief, exhaustion, or uncertainty, our hearts cry out for peace, comfort, and strength. The Psalms—timeless songs of hope—offer a sanctuary for the soul, a place to meet with God, and find renewal for our weary hearts.

This book is more than a devotional. It is an invitation to engage deeply with four beloved Psalms—Psalm 23, 91, 121, and 27—through reflection, creativity, and prayerful activity.

Each section includes heartfelt, verse-by-verse devotionals that gently draw you into God's promises. Alongside them are meaningful activities to personalize your journey and beautiful line art pages for creative expression and spiritual stillness.

Whether you are seeking rest in a busy season, strength in weakness, or comfort in sorrow, this book was created for you. Let these sacred Psalms become living words in your life.

Take your time. Pause. Reflect. Color. Pray. And may you encounter the Shepherd of your soul, the Defender of your heart, and the Keeper of your path—one Psalm at a time.

With love and blessings,
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A Psalm by David.



- 1 The LORD is my Shepherd;
I shall lack nothing.
- 2 He makes me lie down in green pastures.
He leads me beside still waters.
- 3 He restores my soul.
He guides me in the paths of righteousness
for his name's sake.
- 4 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.
- 5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil.
My cup runs over.
- 6 Surely goodness and loving kindness shall follow
me all the days of my life,
and I will dwell in the LORD's house forever.

Psalm 23:
The LORD is My Shepherd

Psalm 23:1
The LORD is my Shepherd; I shall lack nothing.



The opening line of Psalm 23 is one of the most cherished declarations in all Scripture. It is short, simple, yet profoundly powerful. 'The LORD is my Shepherd' is not just a theological statement but a deeply personal confession. David, a shepherd, knew intimately what it meant to tend, protect, guide, and provide for sheep. When he called God his Shepherd, he acknowledged a relationship of complete dependence. Sheep are among the most vulnerable creatures. Without a shepherd, they are easily lost, attacked, or malnourished. David said, "I am like that sheep—but I am not alone."

To declare that the LORD is your Shepherd is to surrender your need for control and rest in His wisdom and provision. You may not have everything you want, but you will never lack what you need. When God leads, He leads with purpose, love, and goodness.

This verse invites you to stop striving and start trusting, to stop fearing scarcity, and to start believing in abundance—not necessarily material abundance, but the abundance of peace, joy, love, and guidance that only comes from walking closely with God.

Today, pause and whisper these words: 'The LORD is my Shepherd.' Let them sink into your heart. You are not wandering aimlessly. You are seen, known, and cared for by the One who holds the universe yet walks beside you.



Psalm 23:2

*He leads me beside still waters.
He makes me lie down in green pastures.*



This verse is a picture of calm, security, and deep nourishment. When David describes God leading him to green pastures and still waters, he tells the kind of care that restores both body and soul. Sheep don't lie down unless they feel completely safe. The fact that God 'makes' us lie down suggests that He knows when we need rest, even when we don't realize it ourselves. He lovingly forces us to slow down, to trust, to rest, and to be replenished in His Presence.

'Still' waters represent peace—not the turbulent waves of life, but the quiet strength of a heart anchored in God. We often chase after fulfillment, but God invites us to a place of peace and rest. These waters are not stagnant—they refresh. They remind us that the Presence of God is not chaotic; it is calm, nurturing, and still.

Today, you may need permission to rest. Maybe you need the Shepherd to lead you again to a place where you can breathe. Trust Him. Let Him take you where your soul can settle and find stillness. He knows exactly what you need and how to lead you there.



PRAISE THE LORD

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