



Wednesday Prayer

4th Sunday of Lent – Wanting more

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 right paths for his name's sake.**

**Even though I walk through the darkest valley, I 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 the LORD my whole life long.**

Psalm 23

What comfort, what peace. *“I shall not want.”* Oh, aren't we consumed by wanting more. I wish I had more time, more energy, more staff, more peace, more safety, more faith...

Psalm 23 enters my soul reminding me that my cup overflows, I am restored, I have all I need. We need this message over and over again as we forget to walk with God in the green pastures *and* in the darkest valleys. I am reminded in many conversations these days how we have forgotten that God has been walking with us all along. People young and old are suffering from grief, depression and anxiety – walking in those dark valleys – as these past few years catch up with us. Just when I feel as if I've been consumed by my own life's difficulties recently, a woman whom I hadn't seen in three years shared with me that she has felt self-absorbed and is just now able to re-engage. I felt comfort in our openness with one another, souls a little bit restored.

When meeting with Confirmation students and their parents these past few months, we've talked about the vulnerabilities young people are experiencing as they seek meaning and connectedness. I encourage the adults – parents, grandparents, youth leaders, pastors, teachers, coaches, and all safe adults to engage young people in authentic conversations. “What is bringing you joy these days? What is hard? Who are the safe people in your life you can go to and talk about anything that may be difficult or bothering you?” When youth (and all of us) have people reaching out for real connection, they are less likely to fall victim to someone seeking to exploit them. *“For you are with me.”*

Pray Psalm 23 as you listen to this inspiring [rendition by Bobby McFerrin's VOCABuLarieS](#).

Written by Joy McElroy, Cherish All Children Executive Director.

Join us each week for our [Lenten Prayer series](#), to keep children and *all* who provide support to youth in our prayers as we journey through this season of Lent.