

Psalm 23

Until comparatively recently, this psalm was very well known and popular at funerals. Such familiarity should not obscure the important messages this psalm conveys. The writer looks back at his life and sees the hand of God protecting, guiding and feeding. The sentiments expressed are the mature fruit of a heart which, having passed through many bitter experiences and having fought many battles has been allowed to find at the decline of life in its intimate communion with God the serenity of a contented spirit.

The phrase “even though I walk through the valley of the shadow of death” expresses a profound reality of distress. But the poet clings to God and has discovered that God did not desert him but has been merciful to him in these times of peril and has delivered him from the fear of loneliness. God has been his guide, his refuge and his comfort in this demanding journey of faith. Furthermore, even this painful recollection is transfigured by feelings of gratitude for that vital communication with the living God. This enables the psalmist to face the future without fear and with confident hope no matter what might be in store.

The use at the beginning of the psalm of the image of God as shepherd is an important one as it conveys care and compassion for His flock. This relates well to St John 10: 11, “I am the good shepherd, the good shepherd lays down his life for the sheep.”

We would do well to appreciate this psalm alongside Jesus’s teachings and actions in the Gospels, for He is the author and perfecter of our faith. He is our friend and redeemer.

Sunday 15th March 2026 4th Sunday of Lent & Mothering Sunday Gospel: John 9: 1 – 41



The Passion of the Lord is the Passion of his Blessed Mother also. Here we see the fulfilment of the prophecy of Simeon, when Jesus was presented in the Temple, that a sword shall pierce your own soul too. Now the Mother witnesses the death of her own Son. The great Roods, the hanging Crosses of our Churches may put this scene before our very eyes, of the Crucified Redeemer, the faithful Disciple, and the death of the One through whom we are truly given life. As Jesus commends his Mother and the beloved Disciple one to the other, God’s people find a new family home in the Church. There is only one other place in the Gospel where Jesus calls his Mother, Woman, and that is the Wedding at Cana. There she says, do whatever he tells you, and water is turned into wine, the first of his great signs. Now death becomes the way to life for us.