

**5 Minutes on Faith**  
**Psalm 23**  
**Episode #186**

Sunday, March 9, 2025

Today's message is a tribute to Torchy Swinson who I recently came across on Instagram. Her message on PSALM 23 touched me deeply and I could hear the Holy Spirit say it's time to get back to sharing on 5 Minutes on FAITH. Let this be your next recording.

**Psalm 23**

**The Lord is my Shepard:**

**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:**

**I walk through the valley of the shadow of death:**

**I shall fear no evil:**

**For thou art with me:**

**Thy rod and thy staff they comfort me:**

**Thou hast prepared a table before me:**

**Thou hast anointed my head with oil:**

**My cup runs over:**

**Surely goodness and mercy shall follow me:**

**I shall dwell in the house of the LORD:**

**Forever:**

**RELATIONSHIP**

**SUPPLY**

**REST**

**REFRESHMENT**

**HEALING**

**GUIDANCE**

**PURPOSE**

**TESTING**

**PROTECTION**

**FAITHFULNESS**

**DISCIPLINE**

**HOPE**

**CONSECRATION**

**ABUNDANCE**

**BLESSING**

**SECURITY**

**ETERNITY**

Always remember this: What is most valuable in life is NOT what we have but who we have dwelling in us: Jesus Christ our Savior and LORD over our lives. Rest in Him, read and speak out his WORD, walk in His ways and He will be ever faithful to direct your steps.