



PRAYING THE PSALMS – PSALM 23 (VS. 5-6)
MY CUP RUNS OVER
Women's Discipleship Group
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Series #2 Lesson #4

SCRIPTURE FOCUS: *You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over (Psalm 23:5).*

Key Word: (Hebrew) Anoint: **Dashen** – *To cover with oil as a sign of favor and celebration.*
Mashach – *To consecrate with oil for a special work.*

The journey through the 23rd Psalm is a journey through the life of David, the author of this psalm. He begins by telling the story of how the Lord supplied all of his needs – *The Lord is my Shepherd, I shall not want.* This makes it clear that David experienced a time of need that no man could satisfy. He also tells us how the Lord brought him to a place of rest and restoration. *He makes me lie down in green pastures.* David also faced many stressful events in his life and even experienced moral failure, yet the Good Shepherd restored his soul. We know that David was a man of war and walked through many valleys where he came face to face with the threat of death. *Though I walk through the valley of the shadow of death I will fear no evil.* But the Lord brought comfort and protection to his life. Verse 23:5 states: *You anointed my head with oil.* David speaks of being honored, blessed and appointed by God in the presence of his enemies.

1 Samuel 16:13, the prophet Samuel anointed David in the presence of his angry brothers who appeared to be more physically suited than David to be rule over Israel. In Psalm 23:5, David also states that the Lord anointed him *in the presence of my enemies.* In spite of the challenges he faced the Lord honored and blessed David (*my cup runs over*) while his enemies were helpless to stop the flow of God's goodness. When your lives are pleasing to the Lord, He will bless you and allow your enemies to watch as you celebrate the goodness and mercy of the Lord.

OBSERVATIONS:

David was anointed on three occasions. Using your concordance find and list the three anointing.

- 1.
- 2.
- 3.

