Psalm 23 Part 3 November 2026

Psalm 23:5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over."

Psalm 23:5 gives us a beautiful picture of God's protection, provision, love, and abundant blessings. David reminds us that even when life is difficult, God is still taking care of us.
Let's break this verse into three parts.

1. "Thou preparest a table before me in the presence of mine enemies."
What does this mean?
David is saying that God provides for him even when he is surrounded by trouble, opposition, or enemies.
Notice something important: God doesn't always remove our enemies or difficulties. Sometimes He provides peace and strength right in the middle of them.
What does this teach us about God?
God is our provider.
God is our protector.
God is not intimidated by our circumstances.
We can experience His peace even when life is difficult.
Other Scriptures:
Philippians 4:19 – God supplies our needs.
Isaiah 41:10 – God promises to strengthen and uphold us.
Romans 8:31 – If God is for us, who can be against us?

2. "Thou anointest my head with oil"
In biblical times, oil had several uses.
For shepherds, oil could be used to care for a sheep's skin and help protect it from irritation and insects.
In Scripture, anointing with oil also represented:
God's blessing.
Being set apart for His purposes.
Consecration.
God's favor and care.
David is describing the generous care of his Shepherd.
What does this mean for us?
God knows when we are hurting. He knows when we are weary, discouraged, and wounded.
He is not an uncaring Shepherd. He lovingly cares for His children.

Supporting Scriptures:
Isaiah 61:3 – God gives beauty for ashes and the oil of joy for mourning.
James 5:14 – Oil is mentioned in the context of prayer for the sick.
1 Samuel 16:13 – David was anointed with oil when Samuel appointed him.
What does the picture of God caring for us like a shepherd caring for a sheep teach us?

What are some ways God brings comfort and healing into our lives?
How can we show that same care to others?

3. "My cup runneth over"

David could have said, "My cup is full."
Instead, he says, "My cup runneth over."
This is a picture of abundance.
God doesn't simply meet our needs; He blesses us with more than we could ever deserve.
Think about the blessings we sometimes overlook:
His grace.
His forgiveness.
His mercy.
His love.
His faithfulness.
His presence.
The promise of eternal life through Jesus Christ.
Our circumstances may not always feel abundant, but God's goodness never runs dry.
Supporting Scriptures:
John 10:10 – Jesus came that we might have life abundantly.
Ephesians 3:20 – God is able to do exceeding abundantly above all that we ask or think.
2 Corinthians 9:8 – God is able to make His grace abound toward us.

The same Shepherd who walks with us through the valley is the Shepherd who prepares our table and fills our cup.

Closing Thoughts
Psalm 23:4–5 teaches us two very important truths:
We are never alone in our darkest valleys.
We are never forgotten when life becomes difficult.
David knew that his Shepherd was greater than his fears, greater than his enemies, and greater than his circumstances.
Our security is not found in having a trouble-free life. It is found in knowing the Shepherd.
Jesus is our Good Shepherd.
Read John 10:11:
"I am the good shepherd: the good shepherd giveth his life for the sheep."

Listen to the song Still Waters (Psalm 23) by Leanna Crawford

[Verse 1]
Great Aunt Maurine said at a hundred and three
"Write scripture on your heart for when you need it
'Cause anxiety hates Psalm 23

So just say it to yourself 'til you believe it"
And I'm feeling like I'm needing it right now
[Verse 2]
Lord, I believe You can set me at ease
Turn this broken piece in me to peace and quiet
I know there's power in Your word
So I'll say it over and over 'til my soul's reminded
[Bridge]
Still waters run through any valley I could find
I'm laying fear down here at Heaven's riverside
Your word has been true in every season of my life
I believe, yes, I believe that
Still waters run through any valley I could find
I'm laying fear down here at Heaven's riverside
Your word has been true in every season of my life
I believe, yes, I believe
[Chorus]
The Lord is my Shepherd, I shall not want
He leads me by still waters 'til my fears are gone
Though I walk through the valley of the shadow of death
Oh, I know You are with me, my Father, my friend
Your goodness and mercy will follow me all of my days
I know by Your still waters I'm safe