

Psalm 23 for the Digital Age

The LORD JESUS is my life coach who can maximise my full potential. I do not need to keep acquiring more things to make me feel good.

He helps me relax in a pollution free green environment. He leads me beside tranquil lakes of inner calm where my stress levels drop.

The Lord refreshes my inner most being and deals with my anxiety. He guides me along the right paths in life especially when I access the internet. I respect His wisdom.

Even though I walk through the darkest valley of depression and extreme anxiety, I will not be afraid, for you are with me. You secure my mental health and your gentle guiding stops me doing daft things. You exercise invisible powerful deterrents against those who might do me harm and this knowledge comforts me.

You prepare a desk for me in your internet cafe in full view of the scammers who cannot touch me. You anoint me with oil that relieves my pain which in turn gives me self-belief. This helps me proceed with unbounded optimism surely secured in God's goodness and love which follows me all the day long. Day by day it is like always living in God's comfortable luxury penthouse.