

# **Psalm 23: A Psalm to Inspire and Support Social Justice Activists**

## **Rabbi Cat J. Zavis**

### **Psalm 23**

#### **A Messianic psalm**

**(1) YHVH, the Transformative Power of the Universe, is my shepherd  
– my guardian**

**I shall not want**

**(2) It causes me to lie down in green pastures, out beyond ideas of us  
versus them**

**Guiding me to restful waters**

**(3) It renews my soul's life**

**It guides me on pathways of justice to what ought to be  
For the sake of Transformation**

**(4) Though I walk in the valley of the shadow of death**

**I fear no evil for You are with me**

**Your rod and Your staff—like a grounding stick—they comfort  
me and give me strength**

**(5) You spread before me a table in front of my enemies—those I'm  
bound up with—so we can break bread together**

**You anoint my head with oil, comforting me**

**My cup overflows**

**(6) Let only that which is life giving and loving kindness pursue me**

**All the days of my life**

**And I shall dwell in the house of YHVH**

**for many long years**