

## *A Reworking of Psalm 23*

*Toki Miyashina, Japanese Poet*

The Lord is my Pace-setter, I shall not rush;  
He makes me stop and rest for quiet intervals.  
He provides me with images of stillness,  
which restore my serenity.  
He leads me in ways of efficiency  
through calmness of mind,  
and His guidance is peace.  
Even though I have a great many things  
to accomplish each day,  
I will not fret, for His presence is here;  
His timelessness, His all importance,  
will keep me in balance.  
He prepares refreshment and renewal  
in the midst of my activity  
by anointing my mind  
with His oils of tranquility.  
My cup of joyous energy overflows.  
Surely harmony and effectiveness  
shall be the fruits of my hours;  
for I shall walk, in the pace of my Lord  
and dwell in His house forever.



<http://iamchandrallynn.com>

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