



The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm

Harold S. Kushner

[Download now](#)

[Read Online ➔](#)

The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm

Harold S. Kushner

The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm Harold S. Kushner

From the author of the bestselling "When Bad Things Happen to Good People" and "Living a Life That Matters" comes a new book of practical spirituality, inspiration, and encouragement gleaned from what may be the best-loved chapter in the Bible: the Twenty-third Psalm.

The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm Details

Date : Published August 24th 2004 by Anchor (first published 2003)

ISBN : 9781400033355

Author : Harold S. Kushner

Format : Paperback 192 pages

Genre : Nonfiction, Spirituality, Religion, Judaism, Theology, Self Help, Christian, Literature, Jewish, Audiobook, Philosophy



[Download The Lord Is My Shepherd: Healing Wisdom of the Twenty-t ...pdf](#)



[Read Online The Lord Is My Shepherd: Healing Wisdom of the Twenty ...pdf](#)

Download and Read Free Online The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm Harold S. Kushner

From Reader Review The Lord Is My Shepherd: Healing Wisdom of the Twenty-third Psalm for online ebook

John Holst says

I have used this wonderful book as part of a church book study several times. The participants always enjoy Rabbi Kushner's style of connecting his life stories to their own stories.

Maria says

WOW! This was a great and simple commentary on the 23rd Psalm.

Cynthia says

Fantastic!

can be used as lesson/group discussion

Richard says

There were several parts of this book which were incredibly well written, and they would have earned five stars on their own. However, I was less impressed with the book as a whole. My recommendation is to pick up a copy from the library and read the first half of the book.

Below are a couple of my favorite quotes:

“Perhaps we need to ask ourselves, Which is greater faith: to love God because He gives us everything we ask for, or to love God because He is God, even if life turns out to be less full of blessings than we might have hoped. Would we really be happy if we got everything we craved and lacked for nothing?” –pg. 33
“God never ‘uses’ us to meet His needs. God is always aware of our feelings, seeing us as subjects, never mere objects. An employer or parent might be upset and angry when someone disobeys his instructions because he sees it as a challenge to his authority. God is upset and angry when His children disobey Him because He knows that the rules and commands are for our own good.” –pg. 81

“As one of America’s most prominent clergymen, the Reverend William Sloane Coffin, insisted, reaffirming his faith after the death of his son in an accident, ‘God’s was the first heart to break.’ This, then, might be the response of God to those who ask, ‘If the Lord is our shepherd, why do innocent people suffer and die?’ God does not, God cannot promise us happy endings in a world where laws of nature and human cruelty take their daily toll. God’s promise is not that we will be safe, but that we will never be alone.” –pg. 26

Eric says

This was one of those books that rested on my bookshelf for some time, waiting for the day when "I should get that one read." Well, I finally picked it up. I am so glad I did.

I remember reading Kushner's first big hit, "When Bad Things Happen to Good People" many years ago. Subsequent books have been pretty good, but not quite to that level. But this one ranks right up there with his first.

The words of the 23rd Psalm have brought comfort and peace to many people for thousands of years. Why? Kushner walks us through these well-known, but sometimes not fully understood, words with the insight of a life-long Rabbi. Interestingly, without diving into the teachings of Jesus too often, Kushner nevertheless often reflects a more accurate understanding of Jesus and the nature of God than many Christians and pastors I know. He certainly challenges the false teaching of modern Christian fundamentalists and evangelicals with a broad and deep understanding of the Hebrew Scriptures and the God actually found therein.

This is a book of hope for those walking through dark valleys. From his work in a congregation, it is clear that Kushner has a keen understanding of the spirituality found in 12-Step programs that save the lives of those struggling with addiction. He refers to these insights, sometimes directly but often indirectly, throughout the book. And as a person who is familiar with the 12 Step program, these insights and connections were refreshing and encouraging.

By the end of this little book the reader has a fresh and positive understanding of God and the care of love God has for all people. The reader will gain profound insights to these oft repeated words. Most of all, the reader will close the final chapter having regained a sense of hope, encouragement and grace that come from a loving God who keeps promises. I highly recommend this book for everyone.

Ted Hovey says

I think it's fair to say that for many people, the Twenty-third Psalm is a favorite part of the Bible. It has been a favorite of mine since childhood. Why? What is it about this Psalm that appeals to us?

Rabbi Harold S. Kushner writes: "The primary message of the Twenty-third Psalm is not that bad things will never happen to us. It is that we will not have to face those bad things alone, 'for Thou art with me.'"

And: "God is the one who is with us when we have to do something hard. He is the one who is with us when we are tempted to feel that the world has abandoned us. He is the one who is with us when we feel alone in the valley of the shadow."

I have found the awareness of the presence of God to be a great comfort over the years, when things looked dark in my life.

Kushner goes through each verse of the Psalm and explains it in clear language and with human life experiences. This book helped me to better understand the Psalm that I've turned to many times.

The reason I gave the book only three stars is that Kushner did not address a translation issue that has

bothered me for some time. My church (Lutheran - ELCA) uses the New Revised Standard Version (NRSV) of the Bible. In the NRSV, the sixth verse of the Twenty-third Psalm ends with "...and I shall dwell in the house of the Lord my whole life long." Kushner's book presents the final phrase of the Psalm as, "And I Shall Live in the House of the Lord Forever." This is the language I grew up with and that gave me so much hope.

I wish Rabbi Harold S. Kushner would have dealt with this apparent contradiction. Does "... my whole life long" mean eternal as well as temporal life? I hope so.

Salem says

Kushner dissects the well known Psalm verse by verse, elucidating in fascinating detail why exactly these words (the King James translation) provide such comfort to so many people in so many circumstances.

Despite a cringe-worthy sentence every chapter or so ("that is why many members of minority groups adopt extreme hairstyles and give their children unusual names"), demonstrating Kushner's unfortunate sexism and racism, the book overall is very valuable.

Lynn says

If you only read one book this year, read this book. Everyone knows this psalm but does anyone really know what it means? I can't begin to explain what comfort I received from Rabbi Kushner's explanations of each line of the Twenty-third Psalm. There were times I read the book with tears in my eyes as his revelations struck a chord with me. You don't have to be Jewish to appreciate his words; you don't even have to be a believer in G-d. Just to know that there is something greater than yourself that is caring for you is enough. Of course, he explains this so much better than I.

Read this book. It may change your outlook on life.

♥ Ibrahim ♥ says

I went to a Baptist seminary and studied there for 5 years. I have read all kinds of commentaries doing my papers of Biblical exegesis. Honest to God, nobody compares to the Jews in interpreting the Bible. After all, it is their Bible and we took it from them. Some of us hijack the interpretation and insist on one way of interpretation, and these are what you could call "Christian Fundamentalists". One way of interpretation and it is their way. But Rav. Kushner is amazing. I like his depth of scholarship, erudite yet simple knowledge and deep faith. In Christian commentaries we embellish things but for these Jews they call a spade a spade and they tell you that this G-d, the L-rd, can be definitely trusted. We go through hellish circumstances and we are not going to romanticize them but we can be sure that the Lord is with us, every step of the way. The Christians pride themselves in longer being in bondage to the "letter that kills" but many times they are a slave to literal interpretation. The Jews are not like that. These people are beautifully comfortable around their God. They love him and they can curse him. They will vent! I love that in them. The book so far promises to be an exciting delight and it really encourages me to turn to more and more JEWISH commentaries of the Bible. Nothing compares to Jewish wisdom. More to follow.

Debby says

Each line of the 23rd Psalm examined in detail by a rabbi of vast intelligence, insight and wisdom. He doesn't just stick to the Judaic interpretation. It is a wondrous read - you won't just say or read it in rote after you read this book.

Barbara says

This may be the most inspirational book you will ever read (outside of a Bible). If you are questioning life or have lost your faith (no matter what religion), this book will help guide you on the path to healing.

It's a must read for everyone.

Reese says

Another "damp, drizzly November in my soul" (Melville, *Moby-Dick*), and I've just come from another funeral. No, it's September, and the Twenty-Third Psalm that I heard this morning sounded different from the same psalm routinely recited at Jewish burials. Thank you, Harold Kushner.

Years (and years) ago, I read Kushner's *When Bad Things Happen to Good People*; and had I reviewed it, the title of the review would have been "When Good Articles Happen to Become Bloated Books." During the past few decades, Kushner's books and I have played on a seesaw. When I read *When Children Ask about God*, Kushner went up. When I read *When All You've Ever Wanted Isn't Enough*, he slid off the board and nearly lost his chance to get back on. Then I recently "inherited" a copy of *The Lord Is My Shepherd*, and I decided to read it -- primarily because I wanted to see which parts had been highlighted by a friend who was laid to rest in 2014.

Glad that I read it, I also feel certain that I'll re-read pieces, if not all, of Kushner's *The Lord Is My Shepherd*. When I find no surprises in what an absent friend has highlighted, I know that I **did** know her, and I can remember that she is still with me. But in any unmarked copy, you will discover a lucid, informative, insightful, and comforting explication of a familiar -- and yet new -- psalm.

Jen says

After 9/11 I lost my faith. I had been going to church, and then I stopped. I couldn't get myself through the doors, even though I knew I should. A couple of years later, Kushner's book, *When Bad Things Happen to Good People*, passed through my hands. His words comforted me and helped me to refocus on the goodness of God, and I returned to my faith. Years later, Kushner's meditation on the 23rd psalm was sent to me by an anonymous teacher following the shooting at Sandy Hook School, part of an outpouring of sympathy from around the country for Newtown, CT teachers. Once again, Kushner's words guided me towards the healing

relationship that God offers. In particular, his chapter on "the valley of the shadow of death" helped me to step beyond the daily grief I experienced for months after the actual day of the shooting.

Rabbi Kushner, in addition to helping me through two events that threatened to shatter my belief in God, gave me the words my students needed to hear as well, as I helped them travel through their own grief.

Renee says

I have always been drawn to the 23rd Psalm and this book gave me a much greater connection to it and understanding of it. I really loved it. It spoke to the core of my spiritual being.

Denise says

I truly enjoyed this book. It helped me to understand more deeply the meaning and intention of the Twenty-third Psalm. It's one of my all time favorite psalms and I always include it in my prayers. I'm sure people have their own understanding of this psalm, but I really liked this interpretation of it. Rabbi Harold S. Kushner goes line by line through the whole psalm explaining what it means to him.

Since I was raised Catholic, and I'm not saying all Catholics fall in this category, I came to believe that God was a short-tempered and all powerful being who spent his time chasing around sinners to punish them. Never did I think of him as a loving, forgiving or understanding being. But since I wasn't comfortable with that image of him I started a spiritual path that could help me approach him without fear. Reading this kind of books is part of my own personal process. This book and many others has given me a new perspective of God which has helped me establish a more loving relationship with him rather than one based on fear.

I agree with Rabbi Kushner that according to the scriptures God is grammatically masculine, but functionally God is both masculine and feminine. And as he says, the psalm and the Bible itself will often show the same God in a feminine dimension, acting sometimes more like a mother than a father. And that's comforting since I think that this divine force that I call God has both energies within, feminine and masculine.

I can rescue two important things out of this book, which I'm sure I'll reread often. One, that I have to be grateful for all the blessings I have, because even those setbacks I encounter in life are a blessing since they allow me to learn new things about life, the world, myself and others. They help my soul to evolve in this human experience. That I have to be grateful even for all those things I give for granted like a sunrise.

Second, that God will always be there to comfort me no matter what the circumstances are. Like Rabbi Kushner says, God's promise was not that that life would be fair or easy, but instead it is a promise that when I have to confront the unfairness of life he will be there for me and with me. This psalm does help me to feel more secure in an insecure world, and despite my own human insecurities.
