

23d Psalm.

Translated from the Japanese

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 ~~silence~~ 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 timeliness, His all-importance

Will keep me in balance.

He prepared refreshment & 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 peace of my Lord

And dwell in His house forever.

Toki Miyashiro Church magazine of the
Cultivators Home.