



Our Shepherd

A daily devotional

By Catherina Fourie

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Our Shepherd

A 12-day devotional to help you get to know God as our Shepherd

By Catherina Fourie

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Catherina P Fourie
fouriecpr@gmail.com

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Thank you!

How to use this devotional

- ★ Read the devotional.
- ★ This devotional is best used with the Our Shepherd Journal available on the Be Quiet and Listen website under [resources](#).
- ★ Answer all the questions on the lines provided on the journal pages.
- ★ On the second journal page, write any new revelation you had of God being your Shepherd.
- ★ Write down 3 things you are grateful for.
- ★ Write down a scripture verse or a personal declaration to encourage you. Declare it out loud.

May you be inspired to draw closer to God!

For the blog posts related to this devotional, please visit www.be-quiet-and-listen.com





Day 1

John 10:11 KJV "I am the good shepherd: the good shepherd giveth his life for the sheep."

God is our Caring Shepherd - Part 1

Jesus cares so much about you that he has given his life for you.

As we read Matthew 6:33, we see the Father's heart towards his children: That we should seek first the Kingdom of God, and he will provide all our needs.

Therefore, we can know that we can cast all of our cares upon a father that sees us and cares for us deeply (1 Peter 5:7).

From the very beginning we read about God caring for his people; that those who choose to follow him and place him first in their lives prospered. When we are focused on things that troubles us or intimidate us, we cannot step into the purpose the Lord has for our lives. It is vital for our overall well-being to give those things to the Lord. Knowing you are not going through things alone, that God sees everything and longs to take care of you, releases you of the burdens and soothes your soul.

It takes complete surrender and letting go of past hurts that influences our thought patterns and reactions towards hardships, to fully experience God's goodness in our lives.

What are the things that you are worried about today? Prayerfully give all of them to God and accept that he will take care of you.

Prayer

Dear Heavenly Father, thank you for caring for me. Please open my eyes to see your goodness in my life.

In Jesus Name, Amen

Declaration

The Lord's goodness and unfailing love is following me every day of my life.





Day 2

John 21:16 KJV "He saith to him again the second time, Simon, son of Jonas, lovest thou me? He saith unto him, Yea Lord; thou knowest that I love thee. He saith unto him, Feed my sheep."

God is our Caring Shepherd - Part 2

Imagine you were a shepherd, but instead of caring for sheep, you were appointed to care for a "flock" of people. It can be in the capacity of being a director of a company, a manager of a team, a teacher, a pastor or being a parent. How would you show care to those under your leadership?

Would you pray for them? Would you have compassion for them and the things that they are going through?

Follow the example of our Good Shepherd: While Jesus was on earth he prayed for those in his care, he felt compassion for people, and he met their needs by serving them.

What steps can you take today to serve others and bless them with the gifts and talents that the Lord gave you?

Prayer

Dear Heavenly Father, thank you for blessing me with all spiritual blessings. May my ears be open to hear where your Holy Spirit is guiding me with regards to serving your people.

In Jesus Name, Amen

Declaration

I am a co-labourer with Jesus Christ; therefore I take care of those whom He has placed into my care.





Day 3

John 5:6-8 KJV "When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed and walk."

God is our Healing Shepherd - Part 1

Are we looking to the right source for our healing? Or are we following the crowd with the hope of getting healed instead of looking to Jesus, our Shepherd, for healing?

Sometimes it may look to us that if everyone is following a certain path, that we should be on it too, yet we are uniquely made and only our true healer will know how we should proceed.

If someone asked you today whether you would want to be healed, what would your answer be?

In 2021 I was listening to a bible study by Christine Cain, and she was talking about this precise moment. Then it hit me: do I want to be healed or was I so comfortable being hurt that I didn't even know that I was sick at heart?

Where are you now on your journey of being completely healed?

Prayer

Dear Heavenly Father, thank you that by the stripes of Jesus I have been healed.
Show me any place in my heart where I have not fully accepted your healing.

In Jesus Name, Amen

Declaration

I am healed for the Word says that by the stripes of Jesus I have
been healed.





Day 4

John 5:6-8 KJV "When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed and walk."

God is our Healing Shepherd - Part 2

Something that stands out from this piece of scripture is where the man tells Jesus that while he is coming towards the pool, someone steps down before him. It indicates that:

- 1) he is actually really trying to move towards this place of healing, and
- 2) someone is there ahead of him and causes him to not gain access.

Sometimes we are doing all the right things, but our own limiting beliefs keep us where we are. Instead of going to Jesus, our Shepherd who wants to heal us and make us whole, we limit him by thinking that he only heals some and leaves others out of the deal. That we are so broken, so unhealthy in body and soul, that there is no hope for us. We ask for healing, but we don't believe we deserve it.

Have you ever felt at times that you are doing everything you can to be healed, but that something is blocking it?

Prayer

Dear Heavenly Father, thank you for your Holy Spirit's guidance in all things.
Show me any areas where I have not accepted your healing.

In Jesus Name, Amen

Declaration

I put my faith into action by doing what Jesus wants me to do in
order to be healed.





Day 5

Luke 1:78-79 KJV "Through the tender mercy of our God; Whereby the dayspring from on high hath visited us, To give light to them that sit in darkness and in the shadow of death, To guide our feet into the way of peace."

God is our Guiding Shepherd - Part 1

Sometimes when we are so busy with our everyday lives, we forget that God wants to guide us in everything we do. That as we commit our paths to the Lord, he will make our paths straight.

Jesus will always guide us to have peace with God. In Psalm 23:2 we read that the Lord as our Shepherd guides us to peaceful streams. Therefore, if we follow the Lord's guidance, we will always have peace in our hearts about any decision we have to make. We will step into the abundant life that Jesus came to give us, because all our worries and cares would be given to him, who cares for us.

Psalm 139:9-10 KJV, "If I take the wings of the morning, And dwell in the uttermost parts of the sea; Even there shall thy hand lead me, And thy right hand shall hold me."

Do you believe that God will hold you and guide you no matter what circumstances you are facing at this moment?

Prayer

Dear Heavenly Father, thank you that your Word is a lamp for my feet and a light for my path.

In Jesus Name, Amen

Declaration

I commit my ways to the Lord and trust in Him to guide me towards an abundant life.





Day 6

John 16:13 KJV “Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.”

God is our Guiding Shepherd - Part 2

The Holy Spirit is our gift from God. A gift the world cannot take away from us, because the world didn't give him to us. As I went through some tough challenges this year, it was the Holy Spirit who prayed on my behalf when I didn't know what to pray. I had to learn to lean on Him as my Comforter and find rest and peace knowing that he was interceding on my behalf. It is a daily choice to surrender all my cares into God's hands and trust that the Holy Spirit will guide me into all truth.

In what area of your life do you need guidance today? Have you considered asking the Holy Spirit to help you?

Write down anything the Holy Spirit is revealing to you in your journal. As you go through the week, pay close attention to what he is saying and see how the Lord will fight on your behalf, guide you into peace, heal your wounds, renew your strength and open doors of new opportunities in your life.

Prayer

Dear Heavenly Father, thank you for the gift of the Holy Spirit. Help me to attune my ears to hear what He is saying to me in this season that I am in.

In Jesus Name, Amen

Declaration

I declare that I have ears to hear what the Spirit is saying.





Day 7

John 10:14-16 KJV “I am the good shepherd, and know my sheep, and am known of mine. As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep. And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold and one shepherd.”

God is our Guiding Shepherd - Part 3

Sheep listen to the voice of the shepherd that was placed in charge of them. They learn to recognise his voice by constantly being in his presence. The more we read God’s word, the more we will recognise when He is speaking to us.

Set time apart to intentionally hear what the Lord wants to say to you.

Psalms 119:105 KJV “Thy word is a lamp unto my feet, And a light unto my path.”

What scripture was put upon your heart that confirms the Lord’s guidance unto a path you should take?

Prayer

Dear Heavenly Father, thank you that as I surrender to your guidance in my life, I will have peace that surpasses all understanding.

In Jesus Name, Amen

Declaration

I choose to be thankful in all circumstances, for that is the will of God for those who are in Christ Jesus.





Day 8

Psalm 5:11-12 KJV “But let all those that put their trust in thee rejoice: Let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee. For thou, Lord, wilt bless the righteous; With favour wilt thou compass him as with a shield.”

God is our Shepherd: Our Refuge and Joy - Part 1

A refuge is a place of safety. When we go to such a place it is because we trust in the person or organisation to keep us out of harm's way. As our shepherd, God is our place of safety. He is our defender and he protects us with his rod and staff. (Psalm 23)

What image comes to your mind as you read the word “refuge”?

Just like children we should trust God for protection without any doubt. Even when things feel as if they are collapsing, we should still trust that God will protect us and delight ourselves in it.

In what ways are you trusting the Lord for your protection?

Prayer

Dear Heavenly Father, thank you for your protection over me and my family.

In Jesus Name, Amen

Declaration

I choose to walk by faith and not by sight, trusting in God to protect me because I seek my shelter under His wings.





Day 9

Psalm 91:9-11 KJV “Because thou hast made the LORD, which is my refuge, Even the most High, thy habitation; There shall no evil befall thee, Neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, To keep thee in all thy ways.”

God is our Shepherd: Our Refuge and Joy - Part 2

When my children were little, they built forts in our living room. They would give shouts of joy when a construction plan worked and laugh when something collapsed.

We should be joyful in the knowledge that God is protecting us. That even if things collapse around us, we can still be assured that we have a God who cares deeply for us.

Can you imagine what it would be like to have joy through your toughest storm because you trust in Jesus completely?

David wrote in Psalm 23, that his cup overflows with blessings because the Lord is his Shepherd. The joy we experience when we trust completely in God and place serving him and others first, is something that no one can take away from us.

What small changes can you make to live a joyful life?

Prayer

Dear Heavenly Father, thank you for strengthening us by giving us joy.

In Jesus Name, Amen

Declaration

The joy of the Lord is my strength!





Day 10

John 15:14 KJV "Ye are my friends, if ye do whatsoever I command you."

God is our Shepherd: Teaching us obedience - Part 1

Have you ever had a wake-up call from the Holy Spirit? A conviction that comes to you about a hidden sin?

It might be unforgiveness that you hold on to, but because you got used to the distance between you and the other person, you don't realize that you haven't forgiven them. Or it could be about something you did wrongfully but tried to justify that you have reacted correctly and should have no cares about, but somehow the shame still clings to you, you are just too asleep to notice.

The best antidote is to not stew about it, but to lay it at the feet of Jesus and accept his forgiveness just as you forgive others.

Ask the Holy Spirit to show you any hidden sin in your life so that you can be set free from it.

Prayer

Dear Heavenly Father, thank you for sanctifying me through your Holy Spirit so that I can live a holy life for you.

In Jesus Name, Amen

Declaration

I choose to forgive myself and others because Jesus has paid the price for my forgiveness.





Day 11

Romans 8:1 KJV “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”

God is our Shepherd: Teaching us obedience - Part 2

Having conviction about our sin, leads us into greater obedience to God. He doesn't use our sin to condemn us, but rather to teach us that he loves us and wants us to be in right standing with him. Sin causes a barrier to our communication with God.

In Hebrews 12 we learn why God teaches us obedience by disciplining us: because we are his children; he wants us to live holy lives; he wants a peaceful harvest of righteousness in our lives; and it strengthens us.

How can you lean into the convictions about sin today, and instead of carrying guilt and shame, step into the loving arms of God with a repentant heart and be set free?

Prayer

Dear Heavenly Father, thank you for loving me and caring for me as one of your children.

In Jesus Name, Amen

Declaration

I trust in God who has begun a good work within me.





Day 12

Revelation 4:10-11 KJV “the four and twenty elders fall down before him that sat on the throne, and worship him that liveth for ever and ever, and cast their crowns before the throne, saying, Thou art worthy, O Lord to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

God is our Shepherd: Longs to crown us

- 1 Corinthians 9:25: An incorruptible crown.
- 1 Thessalonians 2:19: A crown of rejoicing
- 2 Timothy 4:8: A crown of righteousness
- James 1:12: The crown of life
- 1 Peter 5:4: A crown of glory

The world promises crowns, but they will not last forever. Our earthly successes reached without God, will amount to nothing in the life hereafter. Any treasure we gather that isn't for the purposes of God, will disappear.

Like the elders, we must cast all our earthly crowns at the feet of Jesus, so that we can stand victorious before the Judgement seat of Christ.

Prayer

Dear Heavenly Father, thank you for crowning me with loving kindness and satisfying my mouth with good things.

In Jesus Name, Amen

Declaration

I know that every good thing I have was given to me by my Heavenly Father to the glory of his name.

