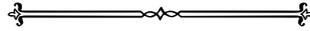




*The Song of a  
Satisfied Soul*





*‘John Kitchen provides a powerful answer to the modern malady of discontentment. A larger house, a more expensive car, and a higher salary are simply efforts to garner bigger piles of perishable goods. John beautifully sketches for us the one true source of true contentment. It will make the reader see a familiar passage of scripture from a fresh outlook. A must for anyone searching for true satisfaction and renewal in a world full of need.’*

**Rajendra Pillai**

**Author of *Reaching the World in Our Own Backyard***

*‘There is always room on the shelf for another exposition of Psalm 23, especially when it is as balanced and practical as this one. The author allows the text to speak for itself as he reveals the richness of the believer’s relationship to Jesus Christ. The ideal book for a pastor or other care-giver to share with those needing encouragement.’*

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*‘Could this be a local church’s Book of the Month? Alternatively, could it be given at one of the landmarks of someone’s life – on coming into church membership, facing a new challenge, or meeting with solemnity and loss? Here are fourteen inviting chapters, combining the learning of a Bible student’s mind with the loving beat of a pastor’s heart. Shot through with vivid illustrations and stories, “The Song of a Satisfied Soul” is going to end up at bedsides, in hip pockets, and handbags, and on preachers’ desks. Let’s wish it a long life in the service of the Good Shepherd.’*

**Richard Bewes**

**All Souls Church, Langham Place, London**





# *The Song of a Satisfied Soul*



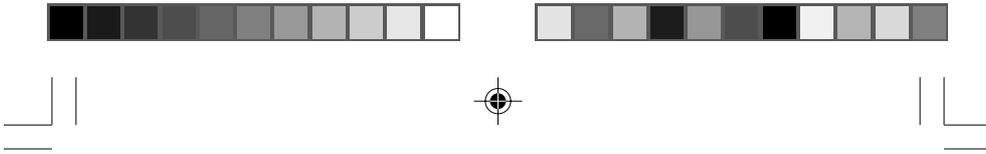
*Finding the Life You're Longing for  
from Psalm 23*



*John A. Kitchen*

**CHRISTIAN FOCUS**





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## Dedication

To  
Dean and Nora Kitchen  
my father and mother

Your love, encouragement and support  
have meant more than you will ever know







## Preface



**Sat'is fak's\_hen:** the state of fulfilled desires, needs and demands.



Got satisfaction? Get serious!

I am quite serious. Are you satisfied? With life? Marriage? Singleness? Income? How about your progress toward your goals and aspirations? How satisfied are you with the circumstances that have fallen your way?

As I asked myself these same questions, two polarized memories, long buried in the back recesses of my mind, unexpectedly collided into one another. The head-on collision in my cranium was startling to say the least!

The first memory to burst into my conscious thoughts was the mournful, discontent sounds of Mick Jagger and the





*The Song of a Satisfied Soul*

Rolling Stones. Brain-cells, not opened since my teen years, suddenly released the words and sounds of their rock-n-roll hit: "I can't get no satisfaction!" I can still see that empty, defiant look in Mick's eyes as he buried his face in the camera and announced to the world his deep dissatisfaction with all that life offered.

The second recollection to speed down the highway of my memory included the words of a hymn we sang at our church just last Sunday. Nearly one hundred years ago Clara Williams wrote:



All my life long I had panted  
For a drink from some cool spring  
That I hoped would quench the burning  
Of the thirst I felt within.  
Hallelujah! I have found Him  
Whom my soul so long has craved!  
Jesus satisfies my longings;  
Through His blood I now am saved.



Mick and Clara were together in attempting to find satisfaction in life. Yet I am confident that Mick Jagger never sang any of Clara Williams' material. I am equally certain that Clara Williams could never have imagined any of the Rolling Stones' greatest hits. Though Clara and Mick were separated by the better part of a century and by an





*Preface*

infinity of spiritual understanding, both speak for people today. Jagger has the most followers, Williams the more happy.

May I re-introduce to you another song of satisfaction? It is a well worn favorite. You may think you already know what it is all about. I am confident, however, that you will be surprised. Are you ready? It is the twenty-third psalm. That's right—Psalm 23.

The twenty-third psalm might well be titled *The Song of a Satisfied Soul*. It is a song I am confident Clara knew well. It is one that Mick probably heard, but cast aside. Perhaps that explains the spiritual distance between their lives. Maybe that articulates the reason for the chasm between their followers. What follows is offered in the hope that Clara's clan will sing her song all the more joyfully and that Mick's fans might change their tune.

