

Psalm 23 (NLT)

The LORD is my shepherd; I have all that I need.
He lets me rest in green meadows; he leads me beside peaceful streams.
He renews my strength. He guides me along right paths, bringing honor to his name.
Even when I walk through the darkest valley,
I will not be afraid, for you are close beside me.
Your rod and your staff protect and comfort me.
You prepare a feast for me in the presence of my enemies.
You honor me by anointing my head with oil. My cup overflows with blessings.
Surely your goodness and unfailing love will pursue me all the days of my life,
and I will live in the house of the LORD forever.

For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Allow those words to land softly in your heart.

Quietly reflect on what you heard it in your prayer with God. Journal your conversation.

What longing rose up in your heart as you listened? How are you feel this holy longing in your body? Gently bring this awareness into your prayer.

Savor any consoling words or pictures as you quietly rest in God.