

Meditative Exercise on Psalm 23

Begin by getting alone and quiet. Then breathe slowly to calm down. When you are ready, read each part slowly of Psalm 23 and *don't rush* through the exercise for each of the statements in bold.

The LORD is my shepherd; I have all that I need.

Talk to Him about any lack in your life today.

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.

He longs to restore you, is anything standing in the way?

Picture yourself worn out and injured from a difficult journey and you are lying down in the sunshine grass feeling the sunshine. The stream is softly adding its harmony to the moment. Let that warmth from the sun seep into your soul, feel yourself relaxing and become part of all that you hear. Now sink into your soul and feel it being healed and strengthened. Thank Him for His deep work in your life.

He guides me along right paths, bringing honor to his name.

He leads us in paths that radiate His presence, power, and love. Can you sense Him on the journey today? Tell Him why or why not.

Even when I walk through the darkest valley,

Are you in a dark valley? Can you trust Him or is their fear? Talk to Him about this

I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me.

What word stands out to you? Let Him know why?

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.

An enemy can be as simple as anyone or anything we find difficult to love or deal with.

Picture yourself at a table with your enemies before you. As you sit there, God comes up behind you and anoints your head signaling you are special to God. Sense His hands on your shoulders as He whispers in your ears that you are His and see the surprised look on those who are there—now rest in this moment with Him and thank Him.

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.

Picture You have wandered away from the shepherd and you are lost in the woods. You begin to hear a noise behind you; you cannot make it out and are anxious. As it gets closer your heart rate goes up and then all of a sudden two big friendly dogs burst out of the bushes. As they get closer to you, wagging their tails you see the names of the dogs on their collars “goodness” and “love”. About that time you hear the Shepherd’s call once again as you turn to follow, all of a sudden the Labs are gone but you can still hear them behind you. That is who God has covering your back His goodness and unfailing love—rest in this.