

Making Psalm 23 My Prayer

Begin your time in stillness. Breathe in through your nose and out through your mouth recognizing your breath as a sign of God's Spirit with you, giving life to you. When you feel still, open your Bible to Psalm 23. Before you pray through Psalm 23 you may want to stand and take a step forward as a physical act of reverence towards God. Then read the Psalm three times audibly imagining that they are your words to God. When you done praying Psalm 23 aloud take a step back and sit down. Then read the scriptures for the day you are on. Consider spending some time journaling about your experience. Answering the questions: What is God saying to me? and How will I be different because of what I have just experienced?

Day 1

Pray through Psalm 23

Scripture Reading:

Isaiah 55:1-2

Matthew 9:36

Luke 12:32

Day 2

Pray through Psalm 23

Scripture Reading:

Matthew 18:10-14

Luke 15:20-24

Day 3

Pray through Psalm 23

Scripture Reading:

John 10:1-15

Day 4

Pray through Psalm 23

Scripture Reading:

Luke 14:12-24

Day 5

Pray through Psalm 23

Scripture Reading:

Isaiah 61:1

John 16:13

Romans 8:16