

## Guided Meditation – Psalm 23

1. After a time of preparation, read and reflect on Psalm 23. Move through the psalm slowly and experience the images and sensations it suggests.

### Psalm 23

*The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

*You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.*

2. Imagine yourself in a lush green meadow. Let yourself feel the sensations – grass between your toes, sun on your skin. See Jesus, your shepherd, approach and put his hand gently on your shoulder. As you walk together through the meadow, tell Jesus whatever is weighing on your heart today.

3. He leads you to a flowing, sparkling stream and you sit together on the bank. Experience the sensations – sights, smell, sounds. Allow the warmth of his goodness and mercy to flow through every part of your body.

4. After a time, you notice there are some pebbles nearby. Pick up a pebble, or several. Each pebble represents a worry or concern on your heart. Feel the pebble in your hand and let it absorb a specific worry. Talk with Jesus about each worry, feeling total freedom to tell him everything.

5. Walk with Jesus to the stream, and one by one, toss each pebble into the healing water and watch it float away.

6. Jesus takes you by hand and you walk together by the healing stream. With every step, you feel a growing sense of peace, strength, and encouragement. After a time, you stop walking. Jesus anoints your head with oil, a sign of his goodness and mercy. Warmth flows from your head to every part of your body. You feel refreshed and restored.