

Feeling rudderless and lacking direction?

If you're feeling a bit anxious and rudderless during the COVID 19 pandemic I'd like to invite you to meet with The Lord, our shepherd and let Him speak to you by reading and reflecting on Psalm 23

Psalm 23

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 He refreshes my soul. He guides me along the right paths for his name's sake.

4 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.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 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.

- Ensure you have at least 15 minutes of uninterrupted time and that you are comfortable and ready to pray
- Take a few moments to relax and come to inner stillness
- Read through the passage twice very slowly
- Read through the passage slowly a third time but this time...
- Pause wherever **anything** in the text strikes you. It may be a word or a phrase such as, The Lord is my shepherd. Stay with it for a while repeating it gently over and over. Try to avoid analysing it, simply let it feed you, savour it, roll it around in your mind and heart. It could also be an image, a picture, a feeling or an idea which "speaks" to you.
- Once you have done this gather up what is going on in you and direct it towards God in prayer. For example: "Lord Jesus, thank you that you are my shepherd, my leader and guide." This may take the form of wordless prayer or perhaps you may want to say something to God
- When you have absorbed enough from this phrase, begin reading again until the next phrase or word attracts you and repeat the process
- After 15 minutes or longer gently bring the session to a close.
- If you don't manage to finish the passage that's fine. There is no need to. It may be better not to. You are looking for depth, not width.
- If you can, write up or draw what was significant to you and why. Try to avoid intellectual argument at this stage and notice instead what has struck you and moved you. Think what they might be showing you about God, yourself and your own current life experiences and relationships. You can be completely honest with God and share with Him your innermost thoughts and feelings.
- It may be helpful if you can share what you have discovered with someone else.