



From Lament to Hope -

Through Lent, we acknowledge that Jesus has known pain, despair, grief & death – and know that he is still standing with us in our lives, in our journey to & beyond the cross.

Take some time each week to meditate on the Psalm, allowing God to speak through specific words or phrases as you read and reread the words of the Psalmists, and allow their lament & hope speak God's words of life to you.

Psalm 23:1-6 (NRSV)

Psalm 23

The Divine Shepherd

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| <p>1 The LORD is my shepherd, I shall not want.</p> <p>2 He makes me lie down in green pastures;
he leads me beside still waters;</p> <p>3 he restores my soul.
He leads me in right paths
for his name's sake.</p> <p>4 Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.</p> | <p>5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.</p> <p>6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long.</p> |
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- What words or phrases stand out to you as you read Psalm 23:1-6?

Read it again, maybe aloud.

- What have you learned about Who God Is in the words of the Psalm?
- What is God speaking to you about today?



Please take some time with this Psalm & respond in prayer in the space provided below.

