\longrightarrow \longrightarrow \longrightarrow Week 5



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

- ¹ The LORD is my shepherd, I shall not want.
- He makes me lie down in green pastures; he leads me beside still waters;
- he restores my soul.
 He leads me in right paths for his name's sake.
- 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.
- You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 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.



- 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?



Your words of prayer & thoughts from Psalm 23:1-6

Praver:

Lord, I often feel like a sheep: easily frightened, vulnerable, and not the smartest out there.

You teach me to pray, "I shall not want", but my mind more naturally goes to scarcity and anxiety.

"You **make me** lie down in green pastures". I should want to rest and be refreshed in this way,

but I often keep myself so busy and distracted that I need You to **make** me lie down.

Jesus, please help me to recognize my need for you.

Help me to trust your gentle and good care for me, and enter into rest.

And most of all, help me to tune in to your voice,

guiding my daily steps and calling me close to you,

trusting your words that "my sheep listen to my voice...and follow me" (John 10:27).

-Sheldon Francescini