

An Invitation to Rest

Begin by praying that God would direct you, and that you would be able to discern His voice. While praying, take a few deep, slow breaths.

If you aren't sure what to pray, you can follow what is written below.

"Father God. As I read your Word, I ask you to direct my thoughts. Would they be centered on you alone and keep my mind from distraction. I pray your Spirit would guide me. Amen."

Read through Psalm 23

Pray over the questions on the back and if you would like, write down any thoughts you may have.

Do not feel you have to get all the questions "done." This exercise is simply about letting God lead and considering what this Psalm means in this season of your life.

Do not be alarmed if you cannot "feel God." He is already speaking to you through this Psalm, and He is present with you even if you are not always aware of it.

As you read Psalm 23:1-4

What might these green pastures mean to you?

How might God be directing you to rest?

What area of your life needs to be renewed?

Invite God to renew this area.

Are you in a “valley” right now?

**Pray that you would be able to sense
God’s leading and comfort as you
walk through this valley.**

As you read Psalm 23:5-6

What are some of the ways God has blessed you?

How has God shown up in your life in the past?

How can you trust God for the future?

**Finish by thanking God for His Word
and His care for you.**

