



## GUIDED IMAGERY PRAYER

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1. Find a quiet, comfortable place
2. Choose a small portion of scripture
3. Read the passage once
4. Read through the passage again, slowly, contemplating the words by:
  - Picturing yourself in the scene
  - Using your senses to imagine how it looks, sounds, feels, smells, or even taste
  - Ponder how the verse makes you feel
5. Read the verses as many times as you would like and think about:
  - What do these words reveal about God?
  - What do these words reveal about me?
  - How can I respond to the meaning of this passage?



# Psalm 23

## The Divine Shepherd

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.  
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.

