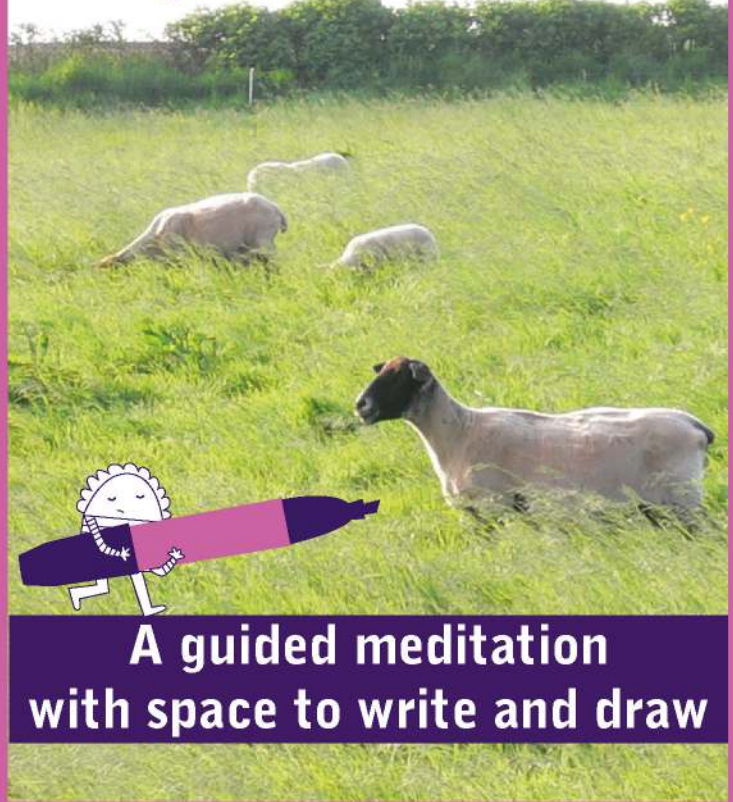




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My Psalm 23



**A guided meditation
with space to write and draw**

⁵You prepare a feast for me right in front of my enemies.

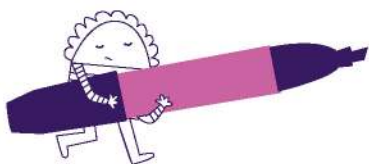
You pour oil on my head.

My cup runs over.

What might God prepare for you and where?

What item which you own might overflow with God's goodness?

Draw or write about it here:



²He lets me lie down in fields of green grass.

He leads me beside quiet waters.

What good thing does God let you do?

Where is a good place for you?

Draw or write them here:



¹The Lord is my shepherd.
He gives me everything I need.

What does God give you?

Draw or write it here:



⁶I am sure that your goodness and love will
follow me all the days of my life.
And I will live in the house of the Lord forever.

**Imagine what it might be like to be followed
or chased by Goodness and Mercy and to live
in God's house forever.**

Draw or write about it here:



³He gives me new strength.
He guides me in the right paths
for the honor of his name.

**In what way could God give you strength?
Where might God guide you?**

Draw or write about it here:



⁴Even though I walk through the darkest valley,
I will not be afraid.

You are with me.

Your shepherd's rod and staff comfort me.

**Think of a different time you have
experienced.**

How might God comfort you?

Draw or write about it here:

