

Prayer Labyrinth Psalm 23

Find a quiet place to sit to work through these materials. You may want to have a Bible open on Psalm 23, or have a pencil handy to write down any prayers or reflections.

You could listen to a sung version of Psalm 23 to start your time of reflection. There are many on YouTube such as the one by [Stuart Townsend](#)

The LORD is my shepherd, I lack nothing.

The God you know

What does the Lord being your shepherd mean to you?
Your protector? Your guide?

Think about the characteristics you've experienced of
God in recent weeks. Think of the characteristics you
need to feel today.

In John 10:14-15 Jesus said:

"I am the good shepherd I know my sheep and my
sheep know me – just as the Father knows me and I
know the Father – and I lay down my life for the sheep"

Look at yourself in a mirror and reflect on God's
promise to know you personally

Ask God to reveal to more of himself to you through
today's time of prayer

He makes me lie down in
green pastures, he leads me
beside quiet waters, he
refreshes my soul

Stop – Rest – Give thanks

From Matthew 11:28-30 (The Message translation)
Jesus said: “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

This station provides a moment to calm your mind to prepare for prayer and turn your focus to God.

Ask God to calm your mind and remove distracting thoughts. If it helps repeat this phrase in your mind a few times: “Be still and know that I am God”

As you rest before God, think of all He has done for you and give thanks

He guides me along the right paths for his name's sake.

Forgiveness

Sheep can't clean themselves - they need the shepherd to. If left to themselves, sheep will graze the same fields until they become desert.

Sheep don't know what is best for themselves. They need the shepherd.

Everything that we do wrong upsets God and gets in the way of our relationships with Him. He knows what is best for us.

Think about things that get in the way of your relationship with God. Things to confess. Maybe it's an area of your life which you know is not on the right path, or something more specific.

Ask God to forgive you. Act out washing your hands as you confess and know that He forgives you.

You are loved. You are free. You are forgiven

Even though I walk through
the darkest valley, I will fear
no evil, for you are with me;
your rod and your staff, they
comfort me.

Bring your burdens to the Lord

The Valley of the Shadow of Death is so narrow and steep that no sun light reaches into the valley, except when the sun is directly above it. Times in life can often feel just as dark and deserted.

This station provides a chance to give to God the things that burden you. Are there things you feel concerned, anxious or scared about? Are there people or situations you feel need God's help?

Hold these things in your mind before God. Hold your hands out, palms up, in front of you as a sign of holding them before God.

Hear God's promise that He is with you,
He strengthens you, He guides you, He comforts you,
He hears you

You prepare a table before me
in the presence of my
enemies. You anoint my head
with oil; my cup overflows.

Blessing

In Psalm 23, David talks of the table the Lord prepares for us and the great anointing available to all.

Spend some time with your mind open to what God has to say to you today. What blessing or anointing does He have for you?

You may like to use this prayer to start your time of listening:

Lord, I ask you to speak to me. Calm my mind and help me to be open to whatever your will is for me.

Or you could use this time to 'count your blessings'. Think about all the good things in your life and thank God for them.

Surely your goodness and love
will follow me
all the days of my life,
and I will dwell in the house of
the LORD for ever

Looking forward

Psalm 23 ends with David's reflection that God's goodness and love will always be with Him. He looks to the future and dwelling in the house of the Lord.

At this final station on the prayer trail, take a moment to reflect on what God has said to you today. You might want to make a note of something particular to remember.

You are invited to email the church with a short reflection from today's trail. It could be something you've felt God say to you; something new you have discovered in Psalm 23 or something you want to thank God for from today's prayer time.

We hope to gather these reflections together and share them so please don't share anything private.