

# PSALM 23 • LECTIO DIVINA

**Lectio Divina is a way of prayerfully reading scripture that slows you down, creates space to listen, reflect, and respond to God as you center yourself on a scripture passage. This practice can be done by yourself or in a group and at your own pace. You can use the inclusive language translation provided or any translation you enjoy.**

## **Scripture Reading: Psalm 23** – a Psalm of David

(translation from *The Inclusive Bible*)

*YHWH, you are my shepherd, I want nothing more.  
You let me lie down in green meadows;  
You lead me beside restful waters: you refresh my soul.  
You guide me to lush pastures, for the sake of your Name.  
Even if I'm surrounded by shadows of Death,  
I fear no danger, for you are with me.  
Your rod and your staff, they give me courage.  
You spread a table for me in the presence of my enemies,  
And you anoint my head with oil, my cup overflows!  
Only goodness and love will follow me all the days of my life,  
And I will dwell in your house, YHWH, for days without end.*

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## **Lectio Divina**

**Prepare to listen.** Find a comfortable sitting position and take a few moments to prepare your heart, mind, body, and soul to listen to the Word of God. This might mean doing some breathing exercises to quiet your mind and slow your body down, lighting a candle, or saying a prayer.

**Slowly, read Psalm 23 aloud.** Notice any words, phrases, sentences that stand out to you or resonate with you now. Allow for a few moments of quiet.

**Read Psalm 23 aloud again.** Draw your focus to the words, phrases, or sentences that stood out to you. Reflect on and be curious about why they resonate with you. You can even write or color in the phrases on the provided coloring page. Allow for a few moments of quiet.

**Read Psalm 23 aloud again.** As you hear the words, phrases, or sentences that stand out to you, offer up any emotions, feelings, thoughts you have to God as a response of prayer. Allow for a few moments of quiet.

**Read Psalm 23 aloud one last time.** This time, reflect on what was meaningful to you as you read or listen to the scripture. Allow for a few moments of quiet, and then offer a prayer to God as you end your Lectio Divina time.