23
AND·ME
WEEK 3
"He restores my soul..."
A STUDY OF THE 23RD PSALM
-CURRENT SERMON SERIES-

MONDAY// JUNE 28TH

MORNING

READ | Psalm 23

As you read the length of this Psalm, what imagery is most striking? Allow yourself to settle into the place where you feel most naturally drawn, and stay there. As you notice your attention drawing you elsewhere, gently bring yourself back to place in the Psalm.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes:

TUESDAY// JUNE 29TH

MORNING

READ | Isaiah 53:6

"We all, like sheep, have gone astray, each of us has turned to our own way..."

- Isaiah 53:6

In the presence of God, explore some of your most repeated routines and behaviors and though patterns that contribute to your personal experience of "going astray" – look upon these without judgement, and allow God to shepherd you through them.

EVENING

REVIEW: Look back on your day with God. What was your experience love (of harmony) with God, with yourself, with others?

Notes:

WEDNESDAY// JUNE 30TH

MORNING

READ | Psalm 23:3

He restores my soul; he renews my strength; he returns me to my self. What is the road back to "you" today? How will you stay on that narrow path regardless of where it might wind through?

- Psalm 23:3

EVENING

REVIEW: Make yourself aware of God's presence. With God, look back on your day. What are you grateful for?

Notes:

THURSDAY// JULY 1ST

MORNING

READ | Psalm 23

What practices help you remain grounded in the presence of God, whether your circumstances are outwardly "positive" or "negative?" How have the highs led you in to deeper trust? How have the lows led you in to deeper surrender? How might the highs and the lows both be doorways to the same place – to union with God?

EVENING

REVIEW: Make yourself aware of your breath, and pay attention to only your breathing for the next 2 minutes. As thoughts enter your mind, acknowledge them and then slowly focus your attention on only your breath. Enjoy abiding in Christ, free from habitual thought loops and patterns of striving to connect. Let go and be.

Notes:

FRIDAY// JULY 2ND

MORNING

READ | Mark 6:34

> *When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.*
>
> **- Mark 6:34**

Engage this text in lectio divina. After slowly reading the story, allow yourself to take in the the whole scene – what does it smell like, look like, feel like? Who is around you? What is the energy of the crowd? What is your sense of Jesus? As he turns his gaze towards you, imagine that what he begins teaching is precisely what is needed in the moment for you, personally, to set you free. What is his teaching?

EVENING

REVIEW: In the presence of God, consider: who was encouraged by my presence today?

Notes:

SATURDAY// JULY 3RD

MORNING

READ | Psalm 23

Just as we did at the beginning of the week, read the entire Psalm slowly and meditatively and pay attention to the image you find most striking. Linger in that place for the rest of the morning, noticing when your attention is drawn elsewhere, and gently allowing God to shepherd it back to the place where he has led you.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes:

SUNDAY// JULY 4TH

MORNING

Look back at all the verses, prayers and meditations this week. Spend some additional time with whatever was most helpful.

EVENING

COMMIT: Spend time with someone you love. Call them on the phone, take them out to dinner, just relax with them.

Notes:

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