

Psalm 23 Reflection Journal

Feel free to print this journal guide as a way of responding to the questions included in this guided prayer resource.

1. In his care, with his guidance and provision, what more could we want?
2. We are well-shepherded by a very good shepherd. How are you needing the Lord's good shepherding today?
3. Do you need the Lord to shepherd you to green pastures? How are you feeling hungry today? How might you bring that hunger to this Lord?

4. Do you need Lord to shepherd you to quiet waters? How are you feeling thirsty today? How might you bring that thirst to the Lord?
5. How have you felt broken needing healing? How have you felt worn-out and needing renewal? How do you want the Lord to restore your soul?
6. How do you need the Lord to guide you on good paths going forward? How have you felt lost needing guidance to where the Lord wants to walk with you in your life?

7. How might the Lord want to guide you into his good paths?

8. Have you been in a dark valley needing the Lord to be especially present to you? Where have you felt heavy? Where have you been sad? Where have you felt discouraged? How might the Lord want to shepherd you in these very places?

9. As this meditation comes to an end, what words of thanks or of appreciation do you want to express?