

Shepherd Psalm Prayer Experience



Welcome to the Shepherd Psalm Prayer Experience. This booklet will provide a framework for our prayer time, which is based on the Psalm 23. Our time together will include three sessions, a time for the group to focus on the Shepherd Psalm, an individual time for prayer and reflection, and then a concluding time of group prayer to share our reflections.

Group Time (15 mins): You will read/pray through Psalm 23 twice, noting thoughts and impressions as you go along. Then share as a group the thoughts and impressions you received.

Individual Time (30 mins): Find a quiet place to continue your prayer time alone. Focus on Psalm 23, one phrase at a time. Allow God's Spirit to lead you to the thoughts and ideas that he has for you. There are some optional reflection questions and scripture passages provided to spark your thinking if you need them. Don't feel like you have to read all the passages or answer all the questions. They are only there to open your mind to what the Spirit may be saying to you. Be sure and jot down your thoughts, reflections, and responses to help you to remember them, or to be able to share them when appropriate.

Final Group Time (30 mins): Come back together as a group and read through the phrases of the Psalm allowing time for people to share their thoughts and responses. Also, allow the Spirit to bring to mind other things that you may want to voice in prayer.

Group Time

Psalm 23

A psalm of David.

¹The LORD is my shepherd;
I have all that I need.

²He lets me rest in green meadows;
he leads me beside peaceful streams.

³He renews my strength.
He guides me along right paths,
bringing honor to his name.

⁴Even when I walk
through the darkest valley
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.

⁵You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.

⁶Surely your goodness and unfailing love will pursue me
all the days of my life,
and I will live in the house of the LORD
forever.

Individual Time

The Lord is my shepherd...

Psalm 139:1-10

Where do I struggle to believe that he knows better about my life than I do?

I have all that I need...

Matthew 10:29-30

Where am I experiencing a lack of what I need?

He lets me rest in green meadows...

Matthew 11:28-30

Where do I you need rest? Physical, Emotional, Spiritual

He leads me beside peaceful streams...

Psalm 4:7-8

Am I letting Christ lead me to find refreshment or am I settling for muddy water?

He renews my strength...

Isaiah 40:28-31

Do I really believe God can renew my strength, or am I stuck in a pattern of just trying harder?

He guides me along right paths bringing honor to his name...

John 15:10-15

How am I letting him guide me or am I setting the destination myself?

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me...

Isaiah 26:3

What is the dark valley I am facing, and do I feel him close?

Your rod and your staff protect and comfort me...

Psalm 91:1-2

Where do I need comfort or protection?

You prepare a feast for me in the presence of my enemies...

Psalm 40:4, 5

Am I willing to accept this feast, even though it may be in uncomfortable circumstances?

You honor me by anointing my head with oil...

Psalm 103:8-13

Will I receive your blessings with a sense of being honored or with guilt and shame because I don't feel I deserve it?

My cup overflows with blessings...

Ephesians 1:3-8

Am I looking at my life and seeing your blessings or only seeing the things that I don't like or are hard?

Surely your goodness and unfailing love will pursue me all the days of my life and I will live in the house of the Lord forever.

John 14:1-3

Am I drawn to want to be in your presence forever?

Final Group Time

The Lord is my shepherd...

I have all that I need...

He lets me rest in green meadows...

He leads me beside peaceful streams...

He renews my strength...

He guides me along right paths bringing honor to his name...

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me...

Your rod and your staff protect and comfort me...

You prepare a feast for me in the presence of my enemies...

You honor me by anointing my head with oil...

My cup overflows with blessings...

Surely your goodness and unfailing love will pursue me all the days of my life and I will live in the house of the Lord forever.