## **NOTES**



## **Spiritual Practice - Freedom**

5th Sunday of Lent - Passion Sunday OT Lesson - Jeremiah 31: 31-34

Psalm - Psalm 51

NT Lesson - Hebrews 5: 1-10 Gospel - John 12:20-33 (34-36)

## **Praying Psalm 23**

Psalm 23 is a beautiful expression of the kingdom of God, in which God is with us, caring and providing for us, and blessing us, even in trying circumstances. The God os Psalm 23 is generous. Because of God's gracious provision, protection and care, we lack nothing. God invites us to rest, to be refreshed and to be restored.

Try to rest Psalm 23 before you fall asleep each night, and again when you awake. Before your feet hit the ground, try to have slowly meditated on each word. Recite it so often this week that ti becomes second nature to you, as natural as breathing. You will notice yourself beginning to pray it at odd times.

Here it is in the King James Version so you can have it easily available for you.

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.