

## **Wednesday, March 6, 2024 - Day 19 of Lent**

Open in Prayer:

Holy, Holy, Holy, are you, Lord Jesus! Let your Word move through our bodies today. May your Word stir within our heart and soul a creativity to worship you through song, through reflection, through study, and through silence. May our lives today be a jubilant melody for the world around us to hear, as we point them to you!

Read Psalm 23 (NIV)

**The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.**

### **Answer the following Questions:**

1. Life can get so busy. Even in retirement, we seem to value busyness. We need to attend meetings and functions, demands need to be met, and if we're not careful, we can be in danger of drifting away from the Lord. Though we live in a society that seems to continually clamor in both speed and noise, our passage today reminds us of a bygone era when the pace was a bit slower, and the noise was a bit less. The psalmist's words invoke an image of peace, rest, and tranquility taken next to a stream of quiet beauty—an image that has resonated with souls over millennia. When is the last time you took time to just sit quietly and experience beauty and peace? How often does that time afford itself?
2. Reread the Psalm. Then take a few moments and ask God to take your spirit to a place of green pasture and still water so He can restore your soul.

Close in Prayer

Good Shepherd, today would you help to quiet the noise and limit the distractions so I can hear your still, small voice? Lead me in the way of green pastures and quiet waters, and guide me in your paths of righteousness—for your kingdom and your glory. Amen. *(from Chaplain John Boyer)*