



PRAYING PSALM 23

"The Lord is my shepherd, I lack nothing." - Psalm 23:1

THE BIG IDEA

Our vision of God in the midst of our prayer life is deeply important. The way we picture God not only shapes the way we speak to Him, but it also shapes the way we expect Him to speak and interact with us. The God described in Psalm 23 is a generous, good, present, and loving God. Although this Psalm is often read at funerals, it is actually best suited to help us navigate both the successes and struggles of every day life.

THE PURPOSE

Psalm 23 contains a narrative about a God that is exceedingly good and generous. By allowing the images of Psalm 23 to wash over your mind, you imbed the true nature of God into your soul. Your mind and body will begin to be shaped by these words — because God is indeed the God of this Word.

THE DAILY PRACTICE

Here is one simple way you can incorporate this practice in your morning routine.

1. **Read Psalm 23.** Read the Psalm slowly.
2. **Memorize.** Memorize this short Psalm. Write it down. Repeat it out loud. Whatever it takes.
3. **Repeat this Psalm.** Try repeating this Psalm throughout your day.
4. **Pray Psalm 23.** As you feel comfortable repeating this Psalm, begin turning it into a prayer. For example — "Jesus you are my shepherd. Because you are my shepherd this is nothing I lack. Jesus you lead me beside the still waters, Jesus you restore my soul. etc."

Learning to pray this Psalm will not only change you, but it will slowly change the way you pray in some pretty profound ways.
