

## Psalm 23

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 guideth me in straight paths 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 hast anointed my head with oil; my cup runneth over.  
Surely goodness and mercy shall follow me all the days  
of my life;  
And I shall dwell in the house of the LORD forever.

### August 2018

*Sometimes we need to rest in the Lord and reflect .*

*Hear are a few of my thoughts as I take time to write this prayer letter:*

Lord , I know you are always there ,

You guard me when in danger ,

You prevent me from falling when I stumble ,

You help me when in need.

Sometimes , perhaps too often,

I fail to acknowledge this as I go about my day ,

Going to places, doing routine things as part of a pattern .

At other times I lay aside time for you ,  
Time to study or pray with others ,  
Or share coffee or a meal together .  
There are other times ,  
When I am alone and do my best  
To focus my thoughts on you  
By reading scripture or books by other Christians,  
By listening to music or looking at nature ,  
Or just being quiet in your presence ,  
Sharing my joys and sorrows in prayer  
But also listening for your voice ,  
Your still small voice to guide me .  
  
There are special places I go to  
Where I feel especially close to you  
Places close to the sea or a river ,

Beautiful gardens or woods or fields,  
Mountains and valleys with wonderful views  
Or the holy places where Christians have been before me  
The thin places where many feel closest to you .  
These are the places where I don't have to do  
I can rest and simply be and find refreshment  
As the psalmist wrote  
Of the green pastures and the still waters  
As you restored his soul.

