

# DRINKING DEEP

P R A Y E R

**REMEMBER: SPIRITUAL DISCIPLINES ARE LIKE PUTTING UP THE SAILS OF A SAILBOAT. WE HAVE TO PUT UP THE SAILS, BUT GOD IS THE ONE WHO SENDS THE WIND.**

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. In Psalm 23, we see that God is generous. Because of God's gracious provision, protection and care, we have everything we need. In this Psalm God invites us to rest, to be refreshed, and to live without fear.

## **THE PRACTICE OF THE WEEK:**

As you go about your week, carry this Psalm with you and recite it as often as you can.

**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.  
(PSALM 23)**

TRY TO RECITE THIS PSALM BEFORE YOU FALL ASLEEP EACH NIGHT AND AGAIN WHEN YOU AWAKE. AS YOU RECITE IT REPEATEDLY THIS WEEK, NOTICE HOW YOU MIGHT BEGIN TO PRAY IT AT ODD TIMES.

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**Bonus Exercise: Try re-writing Psalm 23 in your own words as a prayer at the end of the week.**

***For Reflection with a small group or a friend:***

1. Were you able to practice the exercises this week? If so, describe what you did and how you felt about it.
2. What, if anything, did you learn about God or yourself through the exercises?
3. What was the most meaningful verse or phrase of Psalm 23 for you?

How did you experience God in this activity? Share it with us!  
Email [stories@newheightschurch.com](mailto:stories@newheightschurch.com)



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