

Week #3

Scripture Focus – **He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name.**

*Meditation -*

Imagine the green pastures King David is describing, imagine the still waters. Allow your heart to be as peaceful as this image. Invite Jesus into this space of serenity. He is with you. He gently lies you down in a green pasture, and he has led you to still water. There is peace.

These two images of green pasture and still water offer the meditator an idea of serenity and nourishment. Spiritual needs are met in the pasture where you meet Jesus. It is calm and your spirit is at rest. The still water will nourish your body, for water is the source of life.

Not only does the Good Shepherd lead you to peace and nourishment, but now He is leading you to a path of righteousness. Let this truth become your identity; you are on a path of righteousness. Believe this truth, because He does it for His glory.

(Source: justdisciple.com)

*Kid Connection -*

- Lie down somewhere you can be quiet. Close your eyes and imagine green pastures and still waters. Now, draw a picture of what you imagined and write at least 5 words to describe how this new place feels to you. Write a prayer using all 5 words.
- Look at your Lent pot of soil. Does it have all that it needs to be refreshed and renewed? If not, what can you change to care more for the soil?
- Listen to this song often to help you learn the 23rd Psalm! Create your own motions to help you remember God's promises.

[Click to Listen to 23rd Psalm Song](#)



*Questions to Ponder -*

God is our guide, our leader. How willing are you to follow?

Even when ...

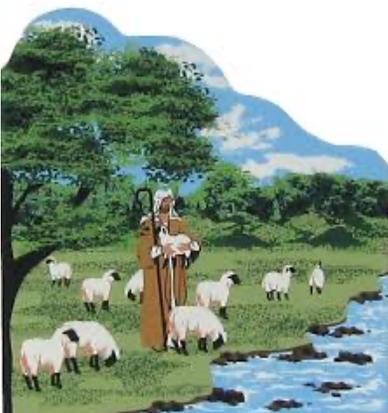
*Song -*

[Green Pastures by Fernando Ortego](#)

*Prayer -*

Shepherding Lord, rest and peace are so elusive in our lives, especially during uncertain times. Remind me that you have created me to find comfort and renewal in you. Help me to take time to find rest and to savor the peace that comes from the grace of your salvation. Comforter, help me to join with my brothers and sisters at St. Paul's as we seek to honor your name by walking the paths to which you lead us. I pray that your abundance will transform my life into a bountiful meadow that glorifies you and helps to nourish your children. In peace, I pray to you. Amen.

*pray continually*



*Each One, Reach One*

Take a photograph that symbolizes this week's focus that you find in your everyday surroundings.

Send the photo to St. Paul's to be used in a future church service.