

## Reading Psalm 23 with God

by Beth Beall

Lectio divina (LEK-see-oh di-VEEN-uh) means "holy reading." When we do lectio divina, we slow down and pay attention. Why? Because God is with us and maybe God wants to say something to us. In this activity, you'll try lectio divina with a few verses from the Bible.

### For

Just for Kids

### Season

Spring

### Needed

The Bible verses provided below, or your own Bible opened to Psalm 23:1-4.



Optional: a piece of paper and a pencil or pen; a couple cotton balls *or* a small bowl of water, to be used at the end.

### Activity Plan

1. Begin with a prayer. Maybe you want to pray silently. If you'd like to use words, you might try these:

*"Loving God, I know you are always with me. Help me to read the Bible now with your eyes and to hear whatever you might want to say to me. Amen."*

2. Find a comfortable place to sit. From your Bible slowly read Psalm 23:1-4 (or see text on last page). Then, sit quietly for a few moments.
3. Slowly read Psalm 23:1-4 a second time. Is there a word or phrase that touches your soul, or that means a lot to you? If you'd like, write down that word or phrase. Again, sit quietly for a few moments.
4. Slowly read Psalm 23:1-4 a third time. When you finish, talk with God either silently or out loud. Tell God what is in your heart. Perhaps God is trying to say something to you, too.
5. Finish your lectio divina by doing something called "contemplation" (con-tem-PLAY-shun). Contemplation means resting in God. You might want to read Psalm 23:1-4 one more time, or not. Quiet your heart by taking a couple deep breaths. Rest for as long as you'd like. God your Shepherd has been with you as you've read these words from the Bible. God is with you now, and always.

Note: If you have a bowl of water or a couple cotton balls on hand, you could use them for your contemplation. As you rest in God, you might want to dip your fingers in the bowl of water. Remember that God leads you beside still waters. Or play with the cotton balls, feeling their wooly softness. Remember that God is your shepherd. God cares for you like a shepherd cares for his or her sheep.

## Psalm 23:1-4

The Lord is my shepherd,  
I shall not want.  
He makes me lie down  
in green pastures;  
he leads me beside  
still waters;  
he restores my soul.  
He leads me in right paths  
for his name's sake.  
Even though I walk  
through the darkest valley,  
I fear no evil;  
for you are with me;  
your rod and your staff—  
they comfort me.

