

Moving with Psalm 23

Blessed Movements by Roy DeLeon, OBCSB

Pause & Reflect

Inhale

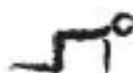
Exhale



The LORD is my shepherd;



there is nothing I lack,



In green pastures you let me graze;



to safe waters you lead me;



you restore my strength.



You guide me along the right path



for the sake of your name.



Even when I walk through a dark valley,



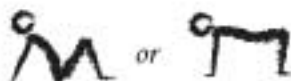
I fear no harm for you are at my side;



your rod and staff



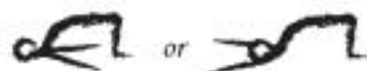
give me courage."



You set a table before me



as my enemies watch;



You anoint my head with oil;



my cup overflows.



Only goodness and love



will pursue me all the days of my life;



I will dwell in the house of the LORD for years to come.

Stay here for about 5 minutes, aware of God's Loving Presence.



BREATHING IN:
The Lord is my shepherd

BREATHING OUT:
There is nothing I lack