

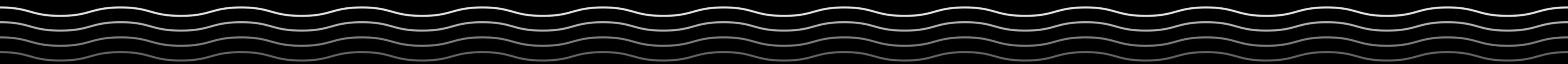
PSALM 23

THE WITH-GOD LIFE

The bottom half of the image is filled with a series of horizontal, wavy white lines that create a textured, water-like effect. The lines are closely spaced and have a consistent amplitude and frequency, extending across the entire width of the page.

John 10:14 ^{NIV}

I am the good shepherd; I know my sheep
and my sheep know me.



Psalm 23:1 ^{NIV}

The Lord is my shepherd, I lack nothing.



“The single most important thing about us is our idea
of God and its associated images.”

- Dallas Willard



Psalm 23:1-6 ^{NIV}

The Lord is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
he leads me beside quiet waters, ³ he
refreshes my soul.

He guides me along the right paths for
his name's sake. ⁴ 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.

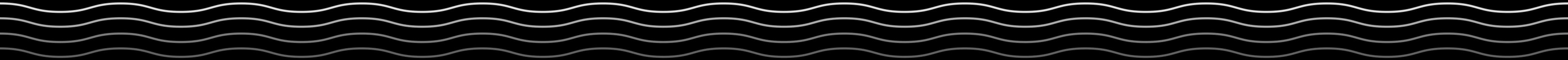
⁵ You prepare a table before me in the
presence of my enemies. You anoint my
head with oil; my cup overflows.

⁶ 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.



Create Space with God

Silence // Solitude // Simplicity // Fasting



Psalm 23:1 ^{NIV}

The Lord is my shepherd, I lack nothing.



In Silence

We create space for a lack of noise to listen to the Holy Spirit.

In Solitude

We step away from people and “doing” for a moment to get time with Jesus and Jesus alone.

In Simplicity

We de-clutter, de-tangle and de-throne all the ‘things’ that like to rule our life.

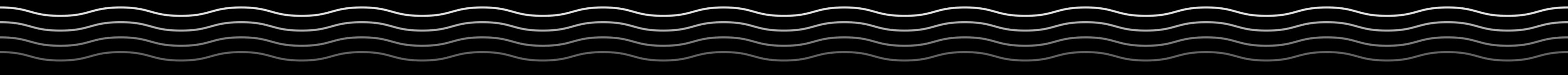
In Fasting

In fasting, we intentionally create hunger, the lack of food, to remember that “man doesn’t live on bread alone but by every word that comes from the mouth of God.” - Matthew 4:4



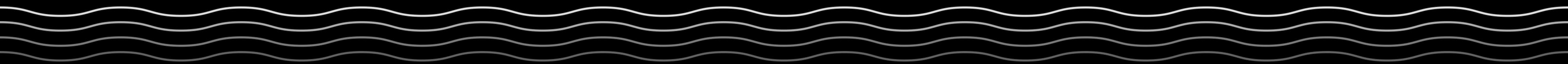
Psalm 23:1-3a ^{NIV}

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.



Connect with God

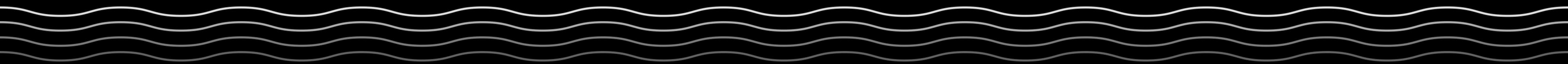
Study // Meditation // Prayer



Psalm 23:3b-4 NIV

He guides me along the right paths
for his name's sake.

⁴ 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.

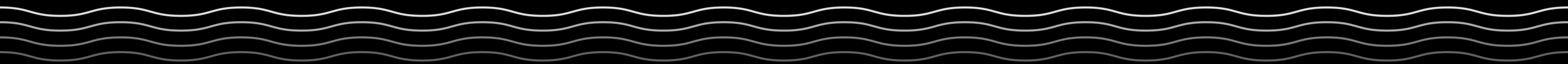


Connect with God

Study // Meditation // Prayer

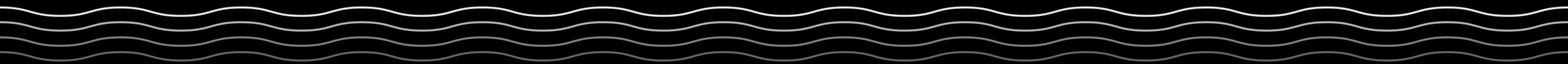


**“Lord, I’m here, what do you
want to say to me?”**



Matthew 26

Jesus's Prayer in Gethsemane



Tell God How You Feel

“My soul is overwhelmed with sorrow to the point of death.”

- Jesus | Matt 26:37



Tell God Your Desires

“My Father, if it is possible, may this cup be taken from me...”

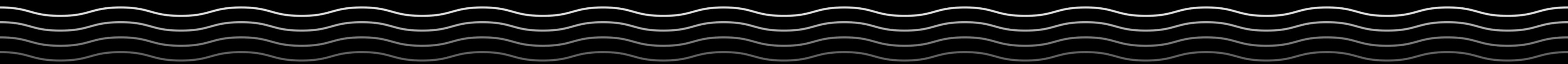
- Jesus | Matt 26:39



Give God Your Trust

“...yet not as I will, but as you will.”

- Jesus | Matt 26:39



God of perfect love and sovereign direction,
with you, I lack nothing.

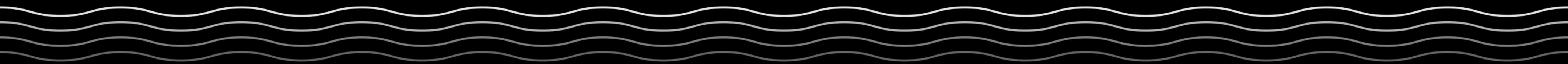
I let go of my desire for security, affection and
control, and embrace your will as it is.

Amen



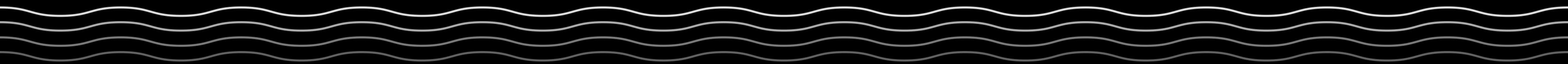
Feast with God

Sabbath // Celebration



Psalm 25:5 NIV

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.



Rest // Refocus // Reflect // Rejoice // Renew



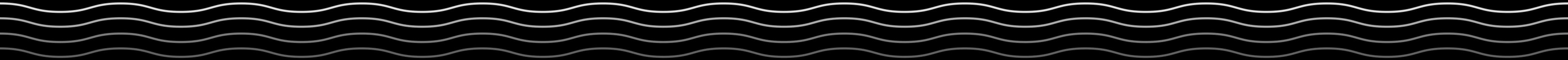
Psalm 25:5b NIV

You anoint my head with oil;
my cup overflows.



Love with God

Worship // Service



Worship

In worship, we “offer our bodies as living sacrifices,” choosing to live in response to who God is and what He’s done



Worship

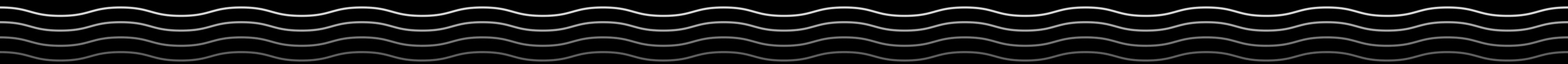


We worship God when we love Him back.



“God is forming us into a new people. And the place of that formation is in the small moments of today...Today is the proving ground of what I believe and of whom I worship.”

Tish Harrison Warren
Liturgy of the Ordinary



Psalm 25:5b NIV

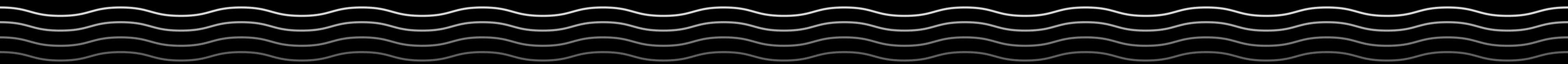
You anoint my head with oil;
my cup overflows.



In the pastures of God's goodness
we lie down to rest our soul
From the waters of God's mercy
we drink deeply, are made whole

At the table of God's presence
all the saints are richly fed
With the oil of God's anointing
into service we are led

- Marva Dawn, *"Come Away from Rush and Hurry"*



Service

In service, we learn to see, honor, and care for the image of God in others—to “love our neighbors as ourselves”



Spiritual Rhythms for the with-God life



Create Space with God

Silence // Solitude // Simplicity // Fasting

Connect with God

Study // Meditation // Prayer

Feast with God

Sabbath // Celebration

Love with God

Worship // Service



Psalm 23:6 NIV

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.



May this day bring Sabbath rest to your heart and your home.

May God's image in you be restored, and your imagination in God be restored.

May the gravity of material things be lightened, and the relativity of time slow down.

May you know grace to embrace your own finite smallness in the arms of God's infinite greatness.

May God's Word feed you and His Spirit lead you into the week and life to come."

- Pete Greig

Adapted from "*Sabbath Blessing*"

