

Psalm 23

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.

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Feel the wool with feet or fingers, if it is tangled how does it feel to untangle it? You could break a piece off to carry with you.



Barefoot Wander

Wool or cotton.

As you hold or feel the Wool What thoughts, attitudes or feelings do and leave at this space?

The Lord is my shepherd, I lack nothing.

I wonder where you imagine the grass to be? What would the weather be like?

Barefoot Wander



Grass

As you stand in the grass take deep breaths and invite the God of Peace into your space.



He makes me lie down in green pastures, Feel the water, is it cool or warm?





Water

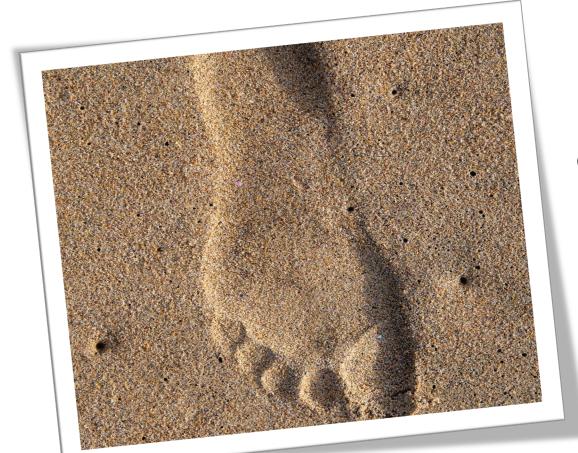
What do quiet waters feel like?

Allow God to cleanse and refresh you.



he leads me beside quiet waters,

Trace a pattern in the sand or look at your footprint.



Barefoot Wander

I wonder if you can see God's footprints in your

I wonder what pathways are in your life?



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

Listen as you step.



Barefoot Wander

Leaves
I wonder if the leaves
feel uncomfortable?

I wonder if the leaves have life?

Even though I walk through the darkest valley, me;



Sticks

I wonder how sticks could bring comfort?



I wonder if the sticks feel differently under your feet to in your hand?



Your rod and your staff, they comfort me.





Pause and share something to eat.

T wonder how it feels to be invited to eat somewhere special?

I wonder if there are people you need to restore relationships with?



You prepare a table before me in the presence of my enemies

I wonder what you are chosen for?



Barefoot Wander



Oil

How does the oil feel now and when you leave the moment?

Anointing was used as a way to show someone was chosen, special, important.

I Wonder in What Ways you are Special?



You anoint my head with oil



Water

Pour the water to overflowing Is, I wonder how full overflowing is, can you fit any more in?

How does it feel to have more than is needed?

I wonder where your life is



My cup overlows...



Reflection

Looking back on the wander what do you see, remember, feel?

Where can you see goodness and mercy in your life?



Surely goodness and mercy will follow me all the days of my life





Take a moment to pause and dwell

How does it feel to be sheltered?

And I will dwell in the house of the Lord all the days of my life.