

Psalm 23.

How do we respond to fear?

This Week's Practice:

Prayer of the Heart ("Breath Prayer")

Daily Reading: Psalm 23

As you read, pay attention to words, phrases, or images in the scripture that you would like to form your daily breath prayer around (like the examples above).

As a Group: Have one person read the scripture slowly while others in the group listen.

Crafting a Daily Prayer

Using the words or phrases that stood out to you, create a short *breath prayer*. Traditionally, breath prayers are **simple** and **brief**, often around 4–6 syllables for each inhale and exhale.

Examples:

"The Lord is my shepherd..." / "I shall not want."

"You are with me..." / "I will not fear."

"Restore my soul..." / "Lead me in peace."

The goal is to allow the words of Psalm 23 to become our prayer for that day.

As a Group: Give time to have each person craft their daily prayer individually.

Pray

Now that you've crafted your daily prayer, carve out a few minutes in your day to focus on praying your Breath Prayer. You can pray as long as you would like, but 5 minutes is a perfect amount of time to fit into different moments throughout the day. It's a great prayer for folks with busy schedules (parents too!).

As a Group: Sit in silent prayer together practicing the Breath Prayer for a few minutes.

Reflect

As you pray, ask this question:

Why did I need this prayer today?

Pay attention to what surfaces in your heart.

As a Group: Share your reflections on the above question with your group. See where the conversation leads! Close with a prayer of gratitude.

Psalm 23.

How do we respond to fear?

- Psalm 23 is about _____.
- Psalm 23 paints a picture of God as a _____ who _____ leads His people.
- The Gospel of Psalm 23 is that the presence of God becomes especially precious in seasons of _____ and _____.
- Psalm 23 invites us to trust that even in uncertain places, God remains _____, _____, and _____.
- **One Thing:** _____ and _____ are found in the presence of The Lord.

The Testimony of Alex Krieger

- What scriptures does Alex reference in his testimony?
- Where do you notice the delivering work or presence of God in Alex's story?
- What response does Alex's story invite or encourage in you?