Psalm 23:
A Calming, Scripture-Focused Exercise

Instructions: Read Psalm 23 twice. Count to 5 after each verse. On the second reading, replace the “He” and “His” in verses 2 and 3 with “You” and “Yours.

1 The LORD is my shepherd, I shall not be in want.

2 He makes me lie down in green pastures, He leads me beside quiet waters,

3 He restores my soul. He guides me in paths of righteousness for His name's sake.

4 Even though I walk through the valley of the shadow of death, 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 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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