

The Lord is my Shepherd

Monday

Tuesday

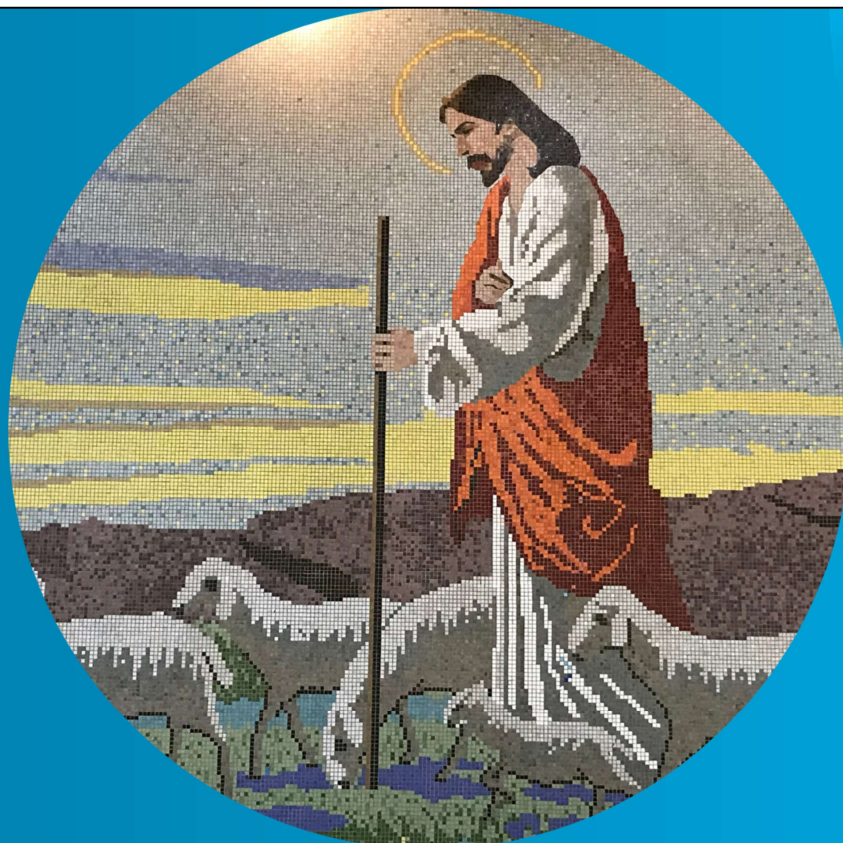
Wednesday

Thursday

Friday

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Monday



Prayer Leader:

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

This week our prayers are inspired by Psalm 23 in the Scriptures.

Throughout the week we're going to hear the words of the Psalm, which tells us that Jesus loves us and looks after us, just like a shepherd looks after their sheep.

Do you know what a shepherd is?

Have you ever wondered what a shepherd spends their time doing?

As we pray and meditate on God's Word, we're going to think about what shepherds do to help their sheep live life to the full, and how Jesus does the same for us!

Today we'll focus on **Jesus, our shepherd who feeds us.**

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**‘The Lord is my shepherd.
I have everything I need.
He gives me rest in green
pastures.’**

Psalm 23:1-2



Prayer Leader:

Let's listen to the beginning of Psalm 23 together.

(Invite the Reader to read from the Scriptures.)

Reader:

***‘The Lord is my shepherd.
I have everything I need.
He gives me rest in green pastures.’
(Psalm 23:1-2)***

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Prayer Leader:

Now make yourself comfortable and take a few calming breaths to help you focus on this time of prayerful meditation.

(Then click to play the prayer meditation.)

Prayer Leader:

Let's spend some time with Jesus now.

Jesus wants to feed you with everything you need today – just like a shepherd feeds their sheep.

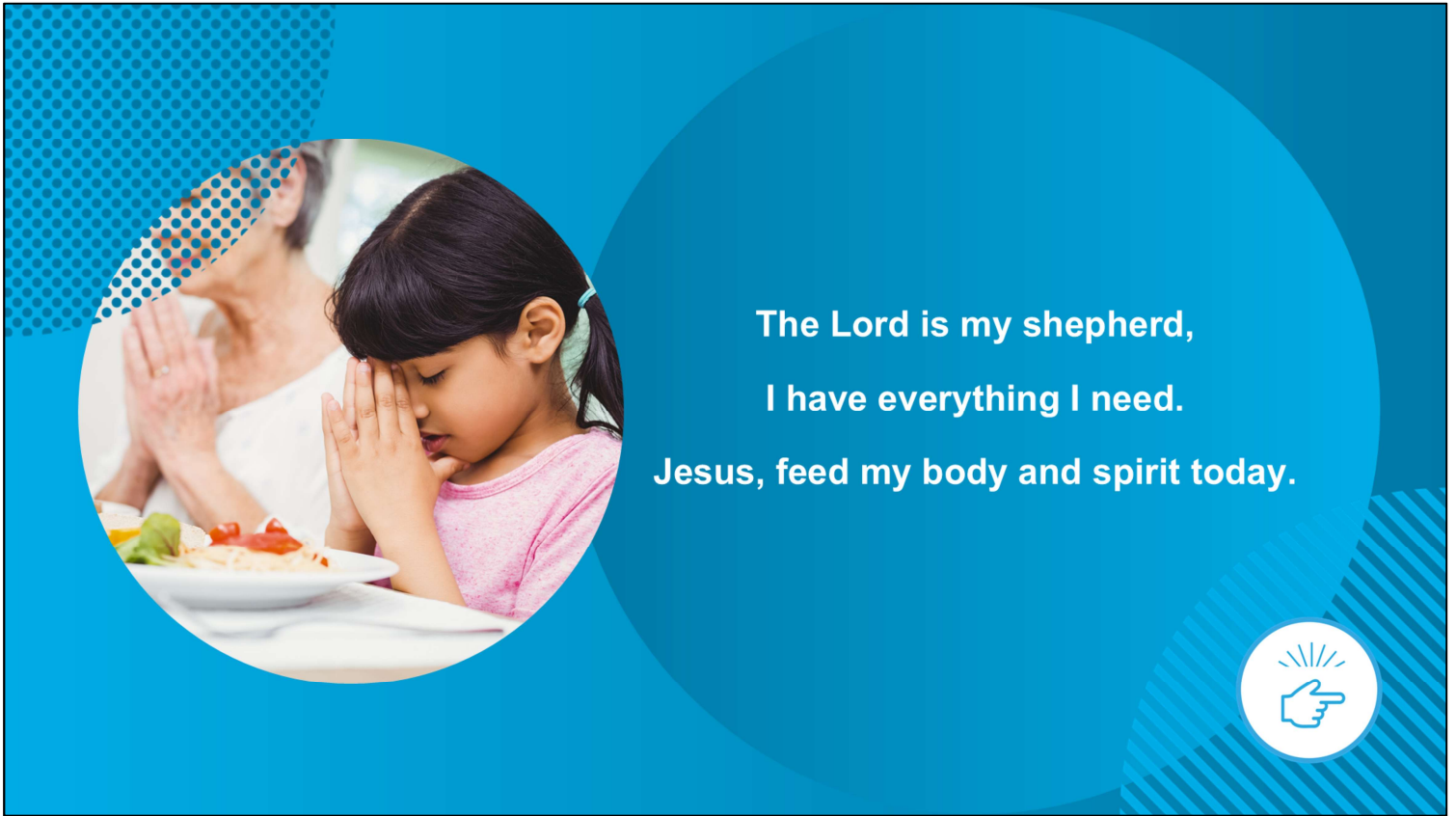
(Click to reveal) Talk to Jesus and thank Him for the different food that makes your body and your spirit strong.

You might like to pray with the words, *'The Lord is my shepherd who feeds me with...'*

(Pause for a time of personal prayer and reflection.)

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The Lord is my shepherd,
I have everything I need.
Jesus, feed my body and spirit today.



Prayer Leader:

Jesus feeds us in so many ways!

How could you thank Jesus, your shepherd, today?

- Before you eat your meals, could you take a moment to thank God for providing food that makes your body grow stronger?
- Or perhaps while you are eating, take time to reflect on the other kinds of food that God gives you – the food that feeds your spirit, helping you to live in His way.

Let's look to Jesus as we say together:

All:

**The Lord is my shepherd,
I have everything I need.
Jesus, feed my body and spirit today.**

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

Image by Freepik https://www.freepik.com/premium-photo/granny-granddaughter-praying-dining-table_5766488.htm

The Lord is my Shepherd

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Tuesday

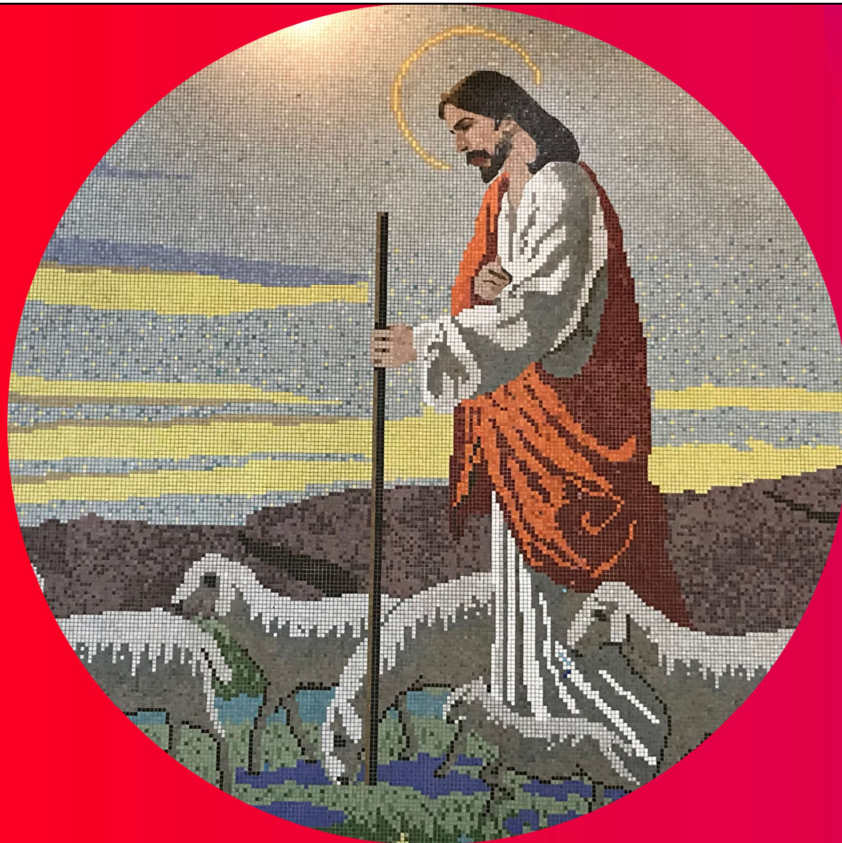
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Tuesday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

In our prayers this week we are listening to the words from Psalm 23, which tells us how Jesus is our shepherd who looks after us.

As we pray and meditate on God's Word, we're going to think about what shepherds do to help their sheep live life to the full, and how Jesus does the same for us!

Yesterday we thought about how Jesus feeds us - our bodies and our spirits.

Today we'll focus on **Jesus, our shepherd who guides us.**

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‘The Lord is my shepherd.

I have everything I need.

**He guides me along the
right paths.’**

Psalm 23:1, 3



Prayer Leader:

Let’s reflect on the words from Psalm 23 together.

(Invite the Reader to read from the Scriptures.)

Reader:

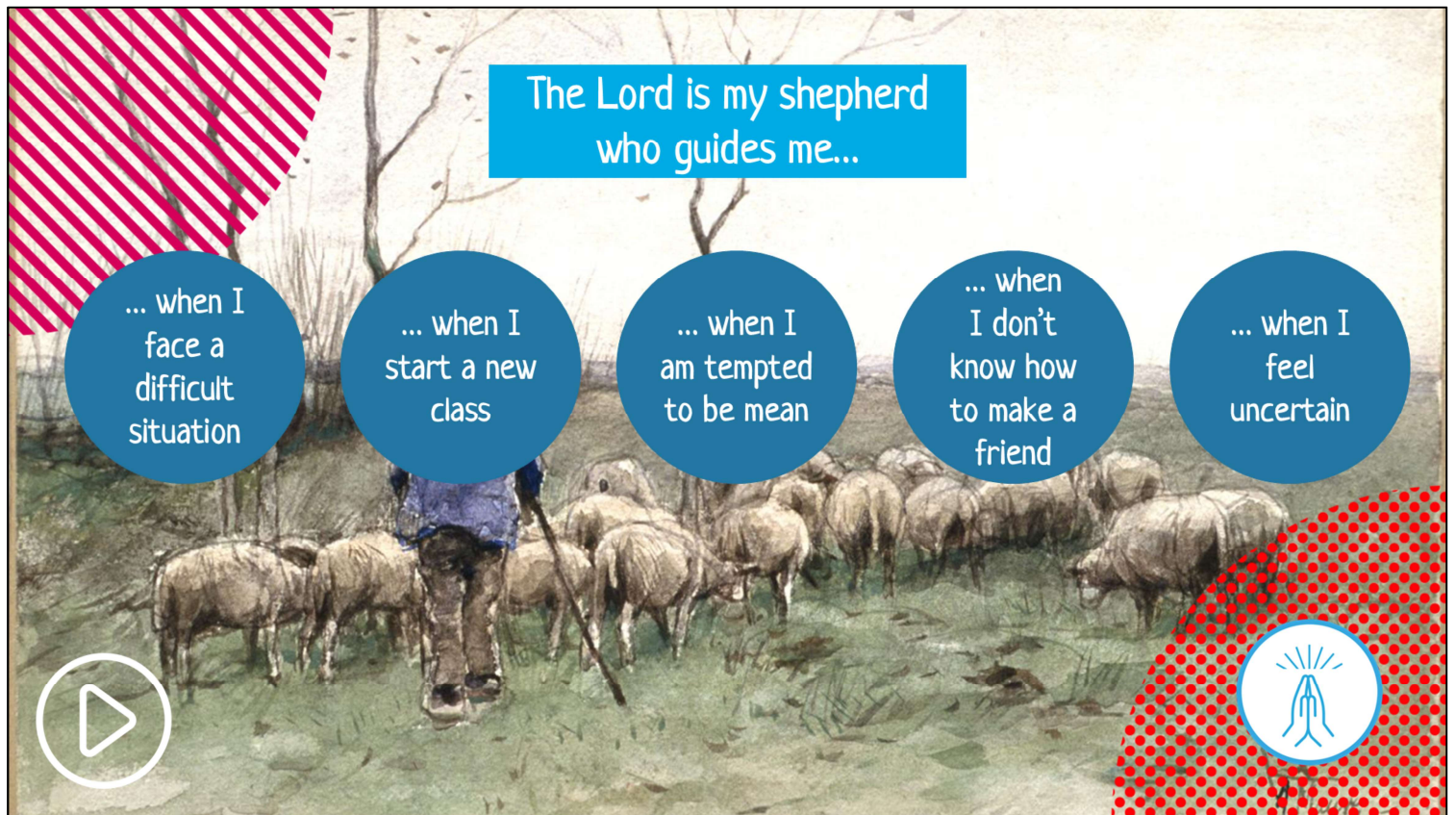
‘The Lord is my shepherd.

I have everything I need.

He guides me along the right paths.’

(Psalm 23:1, 3)

A Shepherd and His Flock (ca. 1885) by Anton Mauve on rawpixel. Licensed under CC0 1.0 Public Domain
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Prayer Leader:

Now make yourself comfortable and take a few calming breaths to help you focus on this time of prayerful meditation.

(Then click to play the prayer meditation.)

Prayer Leader:

Let's spend some time with Jesus, who wants to be your guide.

Jesus is always with us guiding us on the right path, especially when we find things hard.

(Click to reveal) Reflect on Jesus' guidance so that you can remember to turn to Him as your trusted guide when you face challenges.

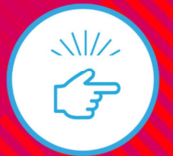
You might like to pray with the words, *'The Lord is my shepherd who guides me...'*

(Pause for a time of personal prayer and reflection.)

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**The Lord is my shepherd,
I have everything I need.
Jesus, guide me in your way today.**



Prayer Leader:

Jesus guides us in so many ways!

Every time you follow God's way, you set an example for others - showing them how they can also live life to the full.

How could you be a guide today?

- Perhaps you could show others how to be a good friend or how to stay cheerful even when things aren't going your way.

Let's look to Jesus as we say together:

All:

**The Lord is my shepherd,
I have everything I need.
Jesus, guide me in your way today.**

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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Wednesday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

This week we have been reflecting on the words of Psalm 23, which is sometimes known as 'The Lord is my shepherd'.

Jesus is the shepherd, and we are His sheep.

As we pray and meditate on God's Word, we're going to think about what shepherds do to help their sheep live life to the full, and how Jesus does the same for us.

Yesterday we thought about how Jesus guides us in our choices and challenges.

Today we'll focus on **Jesus, our shepherd who helps and protects us.**

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'The Lord is my shepherd.

I have everything I need.

**He gives me new
strength.**

**I will not be afraid
because you are with me.'**

Psalm 23:1, 3-4



Prayer Leader:

Let's reflect on the words from Psalm 23 together.

(Invite the Reader to read from the Scriptures.)

Reader:

'The Lord is my shepherd.

I have everything I need.

He gives me new strength.

I will not be afraid because you are with me.'

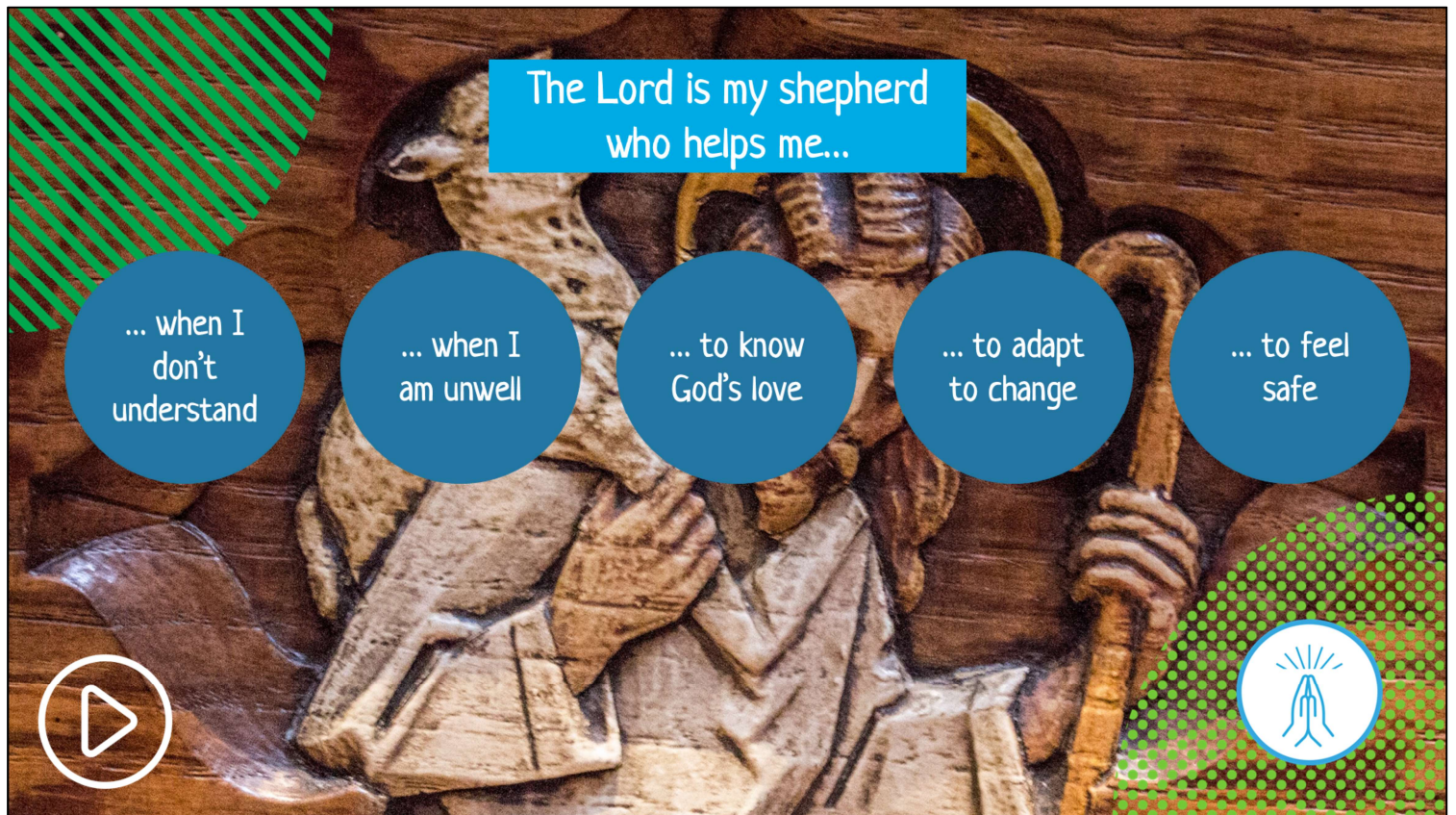
(Psalm 23:1, 3-4)

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Prayer Leader:

Now make yourself comfortable and take a few calming breaths to help you focus on this time of prayerful meditation.

(Then click to play the prayer meditation.)

Prayer Leader:

Let's spend some time with Jesus, who wants to help you – just like a shepherd helps their sheep.

When you call for help, Jesus hears you.

(Click to reveal) Think about anything you need help with today and in your mind, ask Jesus for His help.

You might like to pray with the words, *'The Lord is my shepherd who helps me...'*

(Pause for a time of personal prayer and reflection.)

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Prayer Leader:

Jesus helps and protects us.

Who could you help today?

- Take a moment to think, then share your idea with your talk partner. Try to do that helpful action today.

Let's look to Jesus as we say together:

All:

**The Lord is my shepherd,
I have everything I need.
Jesus, help and protect me today.**

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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Thursday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

This week we have been reflecting on the words of Psalm 23, which begins ‘The Lord is my shepherd...’

A shepherd’s job is to look after their sheep, take care of them and give them everything they need.

Jesus looks after us in the same way so that we can live life to the full!

As we have prayed and meditated on God’s Word, we’ve thought about how Jesus feeds our bodies and our spirits, guides us in our choices and challenges, and is there to help and protect us.

Today we’ll focus on **Jesus, our shepherd who shelters and comforts us.**

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‘The Lord is my shepherd.

I have everything I need.

**He leads me to calm
water.**

**Your rod and your
shepherd’s staff comfort
me.’**

Psalm 23:1-2, 4



Prayer Leader:

Let’s reflect on the words from Psalm 23 together.

(Invite the Reader to read from the Scriptures.)

Reader:

‘The Lord is my shepherd.

I have everything I need.

He leads me to calm water.

Your rod and your shepherd’s staff comfort me.’

(Psalm 23:1-2, 4)

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The Lord is my shepherd
who comforts me through...

... my home
and family

... my
school and
friends

... going to
Mass

... His Word
in the Bible

... His
presence
with me

Prayer Leader:

Now make yourself comfortable and take a few calming breaths to help you focus on this time of prayerful meditation.

(Then click to play the prayer meditation.)

Prayer Leader:

Let's spend some time with Jesus now.

He gives us a safe place where we can be ourselves and feel happy. Another word for a safe place is 'shelter'.

Jesus deeply cares for you and wants to shelter you – just like a shepherd shelters their sheep and keeps them safe.

Be still for a moment and imagine Jesus wrapping His loving arms around you.

(Click to reveal) Now share some words of thanks with Jesus for the ways He shelters and comforts you.

You might like to pray with the words, *'The Lord is my shepherd who*

comforts me through...”

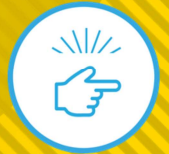
(Pause for a time of personal prayer and reflection.)

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**The Lord is my shepherd,
I have everything I need.
Jesus, shelter and comfort me today.**



Prayer Leader:

Jesus wants us to feel happy and safe, so we can share His love and comfort with others.

How could you shelter others with your love and care?

- Perhaps you can ask someone in your family about their day or show your appreciation for the ways they care for you.
- Or you might also like to think about homeless people and refugees, who have to move around to find safety and shelter. Why not say an extra prayer asking God to look after them today.

Let's look to Jesus as we say together:

All:

**The Lord is my shepherd,
I have everything I need.
Jesus, shelter and comfort me today.**

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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