

**Read the passage and  
ask God to speak to  
you through it.**



**Scripture**

**The Lord is my shepherd;  
I have all that I need.**

**He lets me rest in green meadows;  
he leads me beside peaceful streams.**

**He renews my strength.**

**He guides me along right paths,  
bringing honor to his name.**

**Even when I walk  
through the darkest valley,  
I will not be afraid,  
for you are close beside me.**

**Your rod and your staff  
protect and comfort me.**

**Psalms 23:1-4**



**Read the words of Jesus and ask  
God what he is saying to you.**



**Jesus**

**Jesus said:**

**This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me. You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name. This is my command: Love each other.**

**(John 15:12-17)**



**Ask God to speak to you and write down  
the flow of thoughts that come to mind.**



**Thoughts**



**Ask God to speak to you through this picture.**



**Nature**



**Share a situation with a leader and ask them to tell you what they think God is saying to you.**



**People**



**Reflect on a  
decision you  
are making  
and see if you  
have peace in  
your heart  
about it.**

**Peace**





**Sit in silence for  
a few minutes  
and ask God to  
speak to you  
through the  
silence.**

**Silence**

A man with short brown hair, wearing a dark grey polo shirt, is shown in profile, sitting by a window. He is resting his head on his right hand, looking out the window with a contemplative expression. The background is bright and out of focus, suggesting a window looking out onto a bright day. The overall mood is quiet and reflective.