

The 'Dallas Disciplines'

Psalm 23

A psalm of David.

1

The Lord is my shepherd,
I lack nothing.

2

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

3

he refreshes my soul.
He guides me along the right paths
for his name's sake.

4

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.

5

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

6

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.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name.

Your Kingdom come, your
will be done,
on earth as it is in heaven.

Give us today our daily
bread.

Forgive us our sins,
as we forgive those who sin
against us.

Lead us not into
temptation,

but deliver us from evil.

For the kingdom, the power
and the glory are your's.
Now and forever.

Amen.

- reflectively work through The Lord's Prayer and Psalm 23 each morning
- renew your focus on these during the day
- memorize scripture
- have times of solitude
- regularly fast for half a day
- occasional fast for a full day