A quiet study of one verse

Teens & adults · Choose any verse and walk through it slowly

Date: _____ Verse: _____

Write the verse in your own hand:

What words or phrases stand out to you?

What does this verse show you about God?

One small way I can live this today:

My prayer:

Promises to hold onto

All ages · Read, underline, and rest in each promise · KJV

WHEN YOU FEEL ALONE

“I will never leave thee, nor forsake thee.”

Hebrews 13:5 · KJV

WHEN YOU FEEL WEARY

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Matthew 11:28 · KJV

WHEN YOU FEEL AFRAID

“Fear thou not; for I am with thee: be not dismayed; for I am thy God.”

Isaiah 41:10 · KJV

WHEN YOU NEED PEACE

“Peace I leave with you, my peace I give unto you.”

John 14:27 · KJV

Which promise do you need most today? Why?

Walking through Psalm 23

All ages · A shepherd's psalm, one line at a time · KJV

The LORD is my shepherd; I shall not want.

What does a shepherd do for his sheep?

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

Where do you find rest right now?

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.

What valley are you walking through?

Surely goodness and mercy shall follow me all the days of my life.

Where have you seen goodness and mercy this week?

My Shepherd, today I thank You for...