

The Little Retreat @ Lea is a project of the Lincolnshire Methodist District, brought into being by grants and work with partners locally and nationally.

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The Psalm 23 area was inspired by a garden due to be built at Chelsea in 2020 funded by the Methodist Church and The Bible Society among others. The work of our gardeners has produced a beautiful reflection space.

Donations to the work of the garden and future development can be left in the building.

Group visits, guided retreats or use of the building are possible by contacting us directly.



The Little Retreat @ Lea  
Lea Park Road  
Lea Gainsborough  
01427615184  
louise@btinternet.com

# Praying with Psalm 23



The Little Retreat @Lea



### Psalm 23

The Lord is my Shepherd I shall not want,

He leads me by still waters, He restores my soul

He leads me in right paths for his names sake

Even though I walk through the darkest valley, I fear no evil

For you are with me— your rod and staff they comfort me

You prepare a table before me, in the presence of my enemies

You anoint my head with oil, my cup overflows

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

And I shall dwell in the house of the Lord my whole life long.

Praying with this psalm in the Garden

This psalm reminds us of the presence of God in all the scenes and circumstances of our lives.

The images are from the countryside, but here in this little space of peace and prayer you will find reminders of such images.

The still waters of the pond, still as there is no moving water but gradually coming to life with plants and wild life. Perhaps you will stay a while watching the rhythms of life in the still water.

Green pastures—those beautiful gentle places where life opens up, perhaps you will see them in the mown lawns or in the beauty of the borders and the busy harvest of bees and butterflies

No valleys here, but the gravel speaks of the arid and dry places of life, where each step hurts and we cannot see the way— perhaps you need to pick up some gravel, to name the hard places and to see God is with you

Here in the richness and variety of plants, nesting boxes and water there is enough for much to live, perhaps it will remind you, if you stop and stay of the rich provision of God.

Jesus says we should consider the birds and the flowers in all their beauty, for that reminds us of God's care for them and for us...

Spend some time with the psalm in the garden....

Some the words above might appeal....

But mostly take time to rest your soul

In the beauty of the garden

In the wonders of creation

Rest your soul in God's love for you

Use words if you must

But listen hard

For God in the beauty of creation



*Photos copyright Rev L Carr*