



# Morning Expressions

## Psalm 23

The Lord is my shepherd I shall not want  
2 He makes me lie down in green pastures;  
He leads me beside quiet waters.

3 He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake.

4 Even though I walk through the valley  
of the shadow of death,  
I 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 have anointed my head with oil;  
My cup overflows.

6 Surely goodness and lovingkindness  
will follow me all the days of my life,  
And I will dwell in the house of the Lord forever.

**SUPPLIES:** Any kind of paper, or a spiral mixed media pad or watercolor pad to use for your Morning Expressions Art Journal

Acrylic paints, craft paints or watercolor, or may use colored pencils, pastels, markers, whatever you have

Jar of water to rinse brush, rag to wipe your hands or paper towel

**VIDEO:** <https://youtu.be/biwdiHfwN7o>

## GUIDE:

- You may want to turn on some soft instrumental or worshipful music while you work or you may prefer silence
- Relax. Take some deep breaths and relax your shoulders. Quiet your mind . Ask Holy Spirit to speak to you through the scripture today.
- Speak the Bible Verse out loud. Think about what it means. Realize that no matter what difficulties you are going through, God is with you. He will see you through.
- You will be creating a map of Psalm 23. Draw the path from the bottom left of the page winding up however you wish to end at the top right or left. You may draw in pencil first then in a sharpie so you can see it. Later you may want to paint it.
- Decide what symbol you would like to use for God and for yourself. These may be shapes with certain colors or whatever symbol you wish or you may draw yourself as a person. I chose a staff for the Lord and a purple squiggle for myself.
- Select the colors you think you might need and put a little of each on your palette.
- Paint the back ground for the first part of the map.
- Paint or draw a representation, or symbol for each verse with you and the Lord together in each part/verse of the map. Use colors in the background that go with the verse/place on your map. You can do this anyway that you want to. It does not have to be like mine. Make it meaningful to you.
- Add the scripture reference , Psalm 23 somewhere on the front of your map. Journal on the back of the page what God spoke to you during this meditation and what you were feeling and thinking.
- Now start at the beginning of your map and read Psalm 23, tracing your finger along the path as you read. Imagine yourself actually lying down in a green pasture, walking along the quiet water, etc.
- Now try it again and speak it out loud without looking at the scripture. Can you remember it? If not yet, try it again reading it out loud. Soon you will be able to remember Psalm 23 as you travel along the path of your "Scripture Picture Memory Map."
- Before you go to bed at night or when you wake up in the morning, see if you can remember what your map looks like. Can you walk the path and remember Psalm 23?
- Thank God for His love and care for you and that He is always with you.
- Share your Morning Expression on Jane Cook Create Facebook page if you would like.
- I would love to know if the Scripture Picture Memory Map helped you to remember Psalm 23. Comment about your experience on my website page:

<https://www.janecookcreate.com/morning-expressions/>