

Meet the Living Word in the Written Word¹

1. Find a place of stillness before God. Embrace His peace. Chase the unhelpful thoughts out of your mind. Calm your body. Breathe slowly. Inhale. Exhale. Inhale. Exhale. Clear yourself of the distractions of life. Whisper the word, “Stillness.” Take your time. When you find that rest in the Lord, enjoy it. Worship Him in it. Be with Him there.
2. Read Psalm 23 through two times. Allow its words to become familiar to you. Investigate Paul’s definition of love. What images does it bring to your spirit? What do you see? Become a part of it. What phrases or words especially resonate with you? Meditate especially on those shreds of revelation. Write those pieces down in the space below or in a journal.

Psalm 23 The Passion Translation (TPT)

God is my Fierce Protector and Pastor.
I always have more than enough.
He provides a resting place for me in His luxury-love.
His tracks take me to the quiet brooks of bliss, the oasis of peace.
That’s where He restores and revives my life.
He opens before me the pathways to God’s pleasure, leading me along in His footsteps of righteousness, so that I can bring honor to His name.
Lord, even when Your path takes me through the valley of deepest darkness You remain close to me and lead me through it all the way.
Because You are with me I have no fear of danger!
Your authority is my strength and peace.
The comfort of Your love takes away my fear.
I’ll never be lonely for You are near.
You become my delicious feast even when my enemies dare to fight.
You anoint me with the fragrance of Your Holy Spirit; You give me all I can drink of You until my heart overflows.
So why would I fear the future?
For Your goodness and unfailing love will always be my companions every day; then afterward—when my life is through I’ll return to Your glorious presence to be forever with You!

3. Re-read the passage two more times. Like waves crashing onto a shore, let the words of Scripture crash onto your spirit. What excites you? What scares you? What exhilarates you about this revelation of the love of God? What are you discerning? What are you feeling? What are you hearing? Again, write it all down below or in your journal.

4. Write the theme of this passage below or in your journal.

¹ Adapted from Graham Cooke, *Approaching the Heart of Prophecy* (Vacaville, CA: Brilliant Book House, 2006), 71-73.

5. Does this passage rekindle any memories or experiences? Does it remind you of any prophetic words you have given or received? Write those down as well.

6. What is the Holy Spirit saying to you through this Scripture? Investigate it with Him—picture the two of you walking through it together. Write those words below or in your journal.

7. Read the passage two final times. Meditate on it. Is there something God wants you to do? Is there something He is calling you to? Write it down.

8. Pray silently. Tell God what this passage is saying to you. Tell Him what you are thinking about. Write down your conversation together. Picture yourself and the Holy Spirit as two old friends in a coffee shop, chatting about what God is doing.

9. Finally, pray and thank God for His relationship with you. Come back to the passage once a week for the next three months. Read it and let more revelation flow into you. If you feel compelled to, craft a prayer based on this passage for yourself, your family, your friends, or your church. Pray that prayer until you feel God has birthed it in you.