

## **SPIRITUAL TASK – TWO ROADS** (Psalm 23)

**Story** Psalm 23, through its pastoral imagery, shows us that the Lord is with us throughout our trials and tribulations.

**Meaning** There are two roads to peaceful living. One is through our external senses, as when we experience nature. For example, when we visualize green pastures and still waters, we become relaxed. The other path to peace is internal and takes us to the Lord Himself. We reach that inner peace when we have a connection with Him and with others and when we shun evil and do what is good and true.

**Task** Sometime today and for each day this week, make a real connection with another human being. Experience the delight of just being with someone and focusing your entire awareness on that person. Also, mentally place yourself in a serene setting and invite the Lord to be with you and pray to Him for peace. Then, feel the deep peace that results. Act with mindfulness. Live in the present moment. Slow down all mental activity. Breathe deeply. And finally, enjoy more of those sensory experiences that relax you. Sit in a bathtub at night with candlelight and soft music while sandalwood incense wafts across the room. Carry this peace into the coming days and know that the Lord is with you always.