

Peace Moment. For May 8, 2022

The Lord is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures;  
he leads me beside still waters;<sup>[a]</sup>

<sup>3</sup> he restores my soul.<sup>[a]</sup>

He leads me in right paths<sup>[a]</sup>  
for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley,<sup>[a]</sup>  
I fear no evil;

for you are with me;  
your rod and your staff—  
they comfort me.

<sup>5</sup> You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

<sup>6</sup> Surely<sup>[a]</sup> goodness and mercy<sup>[a]</sup> shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.<sup>[a]</sup>

When I read today's theme scripture passage, the 23<sup>rd</sup> Psalm, I am reminded of inner peace. After all of my work with children, this is called "Peace for Me."

"I shall not want, He makes me lie down in green pastures he leads me beside still waters." This is a picture of peace. But often I find myself in places that aren't this peaceful.

Sometimes, there are burdens I carry. As we think about the coming summer activities, I'm reminded of my own Sr. High Camp experience at Guthrie Grove. The theme for the day was "Bound by Burdens." Every camper was given a burden at theme class and told there was nothing they could do to relieve their burden until the supper meal. Some were assigned to carry an egg. Not a hard-boiled egg but a fresh one. As the afternoon went on, there were several that became broken. Another group was assigned to tie a black rope around their ankle that was tied to a brick on the other end. This group could choose to carry or drag the brick as they went about the daily camp schedule. Then, there was another small group that had to wear a blindfold for the rest of the day. I was in this group. What a different day at camp, to always have someone guiding me. Rec period got very long, so I had someone take me to the piano in the dining hall. Once they helped me find middle c, I could play! Until that day, I had no idea how many songs I had in my head.

The point I'm trying to make here is that sometimes our burdens are fragile and sometimes they are heavier than a brick. Sometimes, we just need to be guided by a companion so we can find our way through them. By laying our burdens down, we truly can find inner peace. We can find that God will restore our souls and lead us on right paths. It's difficult to create peace for others when we can't find it in ourselves. As we worship together this evening, may we find this inner peace and may we be assured that "goodness and mercy will follow me all the days of my life."

### Peace Meditation

Think of a burden that is fragile in your life or remember a time when it felt like you were carrying around a load of bricks.

When has someone guided you through difficulty in your life?

What spiritual practice can you do to make inner peace prevail in your life?

### Prayer for Peace

Loving God,

We come to you tonight to find strength and peace. We pray for each one gathered here and ask that you lead them beside still waters and into green pastures. We recognize that there are always complications in our lives, burdens that are fragile or heavy, or a way through that we can't see on our own. We read in Doctrine and Covenants Sections 163:10a that "Individually and collectively, we are loved with an everlasting love that delights in each faithful step taken." And that you "yearn to draw us close so that wounds may be healed, emptiness filled, and hope strengthened." We pray that we may look for the right paths and draw closer to you each day. May we find our peaceful sanctuary with you, o God.

Amen.