

## Psalm 23 for Busy People

The Lord is my pace setter... I shall not rush

He makes me stop for quiet intervals

He provides me with images of stillness which restore my serenity.

He leads me in the way of efficiency through calmness of mind and his guidance is peace.

Even though I have a great many things to accomplish each day, I will not fret, for his presence is here

His timelessness, his all importance will keep me in balance

He prepares refreshment and renewal in the midst of my activity by anointing my mind with his oils of tranquility

My cup of joyous energy overflows

Truly harmony and effectiveness shall be the fruits of my hours for I shall walk in the Pace of the Lord and dwell in his house for ever.

*Toki Miyashina*

**A favorite prayer of Sister Anne Michelle McGill**