

Base Camp Spirit Building 3

- Pray in tongues 1 mins Out loud
- Pray in tongues 1 mins In mind or spirit
Relax, Still mind,
focus on Jesus
- Pray in tongues 2 mins Out Loud whilst
Reading Psalm 23

- Psa 23:1 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.

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- Psa 46:10 Let be and be **still**, and know that I am God



*Worry does not empty tomorrow of its sorrows;
it empties today of its strength.*



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it empties today of its strength.*

**Psa 23:1 The LORD is my
shepherd, I shall not want.**

*Worry does not empty tomorrow of its sorrow;
it empties today of its strength.*