We're going on a Psalm Walk...

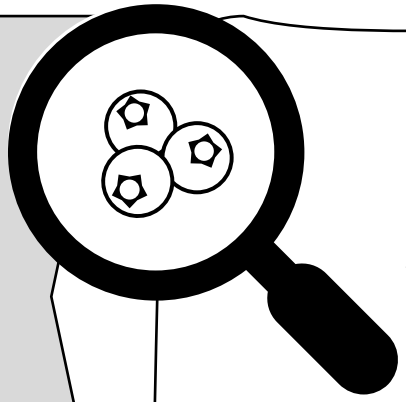
Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 1

"Happy are those who don't listen to the wicked, who don't go where sinners go."

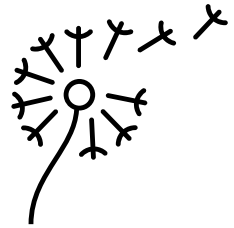
This Psalm thinks about living right for God and choosing the right path.

Why not plan the route you are going to take on your walk before you set off and then stick to your chosen route?



v3 – They are strong, like a tree planted by a river.
The tree produces fruit in season,
and its leaves don't die.
Everything they do will succeed.

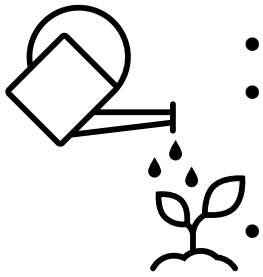
How many different types of fruit or berry can you see growing on your walk?



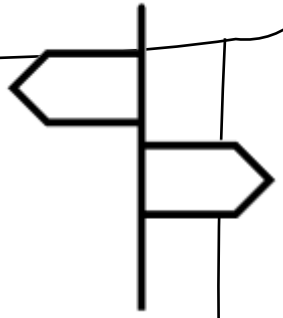
v6– But wicked people are not like that.
They are like chaff that the wind blows away.

- Stop and feel the wind on your skin.
- Stand firm and steady even as the wind blows. Feel the solid ground beneath your feet.
- If there are areas in your life where you know you have strayed from living right for God – repent and give those areas to God once again.

v3– The tree produces fruit in season, and its leaves don't die.



- Find a seed or flower.
- Think about the potential held within it, to be revealed in season.
- Ask God what fruits He wants to develop in you this season.



As you walk consider the paths you are not taking.

Ask God to speak to you about the plans and paths he has prepared for your future.

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

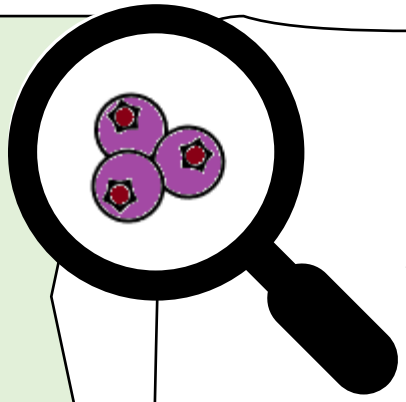
Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 1

"Happy are those who don't listen to the wicked, who don't go where sinners go."

This Psalm thinks about living right for God and choosing the right path.

Why not plan the route you are going to take on your walk before you set off and then stick to your chosen route?



**v3 – They are strong, like a tree planted by a river.
The tree produces fruit in season, and its leaves don't die.
Everything they do will succeed.**

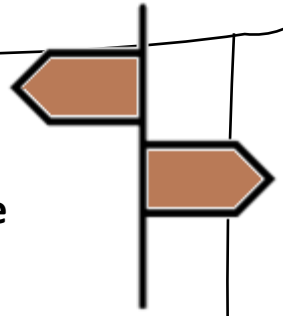
How many different types of fruit or berry can you see growing on your walk?

**v6– But wicked people are not like that.
They are like chaff that the wind blows away.**

- Stop and feel the wind on your skin.
- Stand firm and steady even as the wind blows. Feel the solid ground beneath your feet.
- If there are areas in your life where you know you have strayed from living right for God – repent and give those areas to God once again.

v3– The tree produces fruit in season, and its leaves don't die.

- Find a seed or flower.
- Think about the potential held within it, to be revealed in season.
- Ask God what fruits He wants to develop in you this season.



As you walk consider the paths you are not taking.

Ask God to speak to you about the plans and paths he has prepared for your future.

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

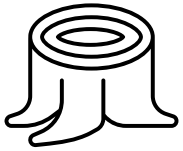
Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

The world is a messy place with so many challenges individuals and countries, this Psalm speaks of unrest and war between nations, but reminds us that God is above all earthly things.

Psalm 2

"You are my son. Today I have become your father."

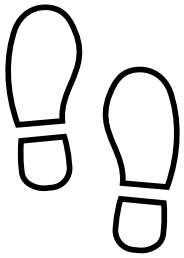
v 1 – Why are the nations so angry? Why are the people making useless plans?



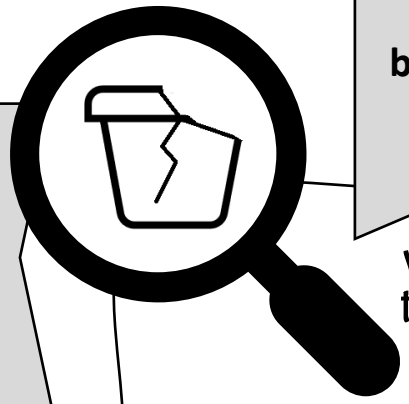
- Find a quiet spot to rest and shelter in.
- Breathe deeply and still your heart before God.
- Ask God to give you peace in a restless world.
- Give your worries and fears to Him.

v 12 –But happy are those who trus him for protection.

v11 – Obey the LORD with great fear, Be happy, but tremble.



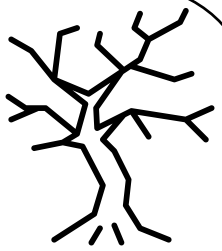
Even as you walk consider the vastness of creation and remember the vastness of the God we worship.



v9 – You will break them into pieces like pottery.

Can you find any pieces of broken pottery or brickwork on your walk?

v8 – You will rule over them with an iron rod



- Find a twig or stick and pick it up.
- Bring to God in prayer any issues of global injustice you are aware of.
- Snap the stick in half, ask God to break the chains of injustice in our world today.

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

The world is a messy place with so many challenges individuals and countries, this Psalm speaks of unrest and war between nations, but reminds us that God is above all earthly things.

Psalm 2

"You are my son. Today I have become your father."

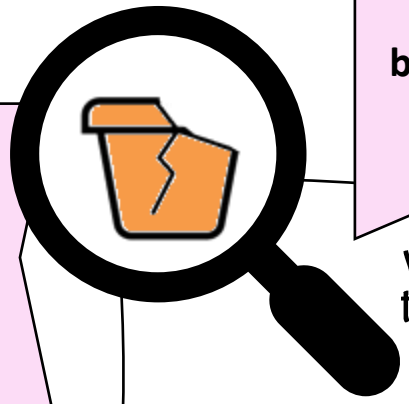
v 1 – Why are the nations so angry? Why are the people making useless plans?

- Find a quiet spot to rest and shelter in.
- Breathe deeply and still your heart before God.
- Ask God to give you peace in a restless world.
- Give your worries and fears to Him.

v 12 –But happy are those who trus him for protection.

v11 – Obey the LORD with great fear, Be happy, but tremble.

Even as you walk consider the vastness of creation and remember the vastness of the God we worship.



v9 – You will break them into pieces like pottery.

Can you find any pieces of broken pottery or brickwork on your walk?

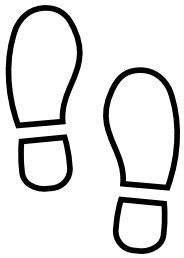
v8 – You will rule over them with an iron rod

- Find a twig or stick and pick it up.
- Bring to God in prayer any issues of global injustice you are aware of.
- Snap the stick in half, ask God to break the chains of injustice in our world today.

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.



Psalm 3

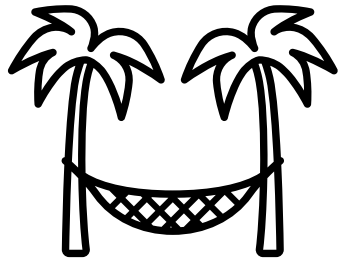
"LORD, rise up! My God, come save me!"

King David wrote this Psalm when he was under attack from his own son.

Take some time away from any challenges you are facing and bring your fears and worries to God as you walk.

v5&6 – I can lie down and go to sleep, and I will wake up again, because the Lord gives me strength. Thousands of troops may surround me, but I am not afraid.

- Find a sheltered dry place to sit or lie down.
- Give any fears or worries you have been holding onto over to God.
- Feel yourself wrapped in God's love and protection.
- Ask God to give you His perfect rest as you lie down and strength as you get up.



v3 – "But, Lord, you are my shield, my wonderful God who gives me courage."

How many shields can you find on your walk today?

You could find a shield-shaped leaf, a shield bug or a shield on a sign.

v4– "I will pray to the Lord, and he will answer me from his holy mountain."

- Climb or look up to a highpoint
- Remember that God our heavenly father sees everything
- Remember that wherever you go, God is watching over you and listening to your prayers.
- What insight into the big picture does God want to give you today?

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 3

"LORD, rise up! My God, come save me!"

King David wrote this Psalm when he was under attack from his own son.

Take some time away from any challenges you are facing and bring your fears and worries to God as you walk.

v5&6 – I can lie down and go to sleep, and I will wake up again, because the Lord gives me strength. Thousands of troops may surround me, but I am not afraid.

- Find a sheltered dry place to sit or lie down.
- Give any fears or worries you have been holding onto over to God.
- Feel yourself wrapped in God's love and protection.
- Ask God to give you His perfect rest as you lie down and strength as you get up.

v3 – "But, Lord, you are my shield, my wonderful God who gives me courage."

How many shields can you find on your walk today?

You could find a shield-shaped leaf, a shield bug or a shield on a sign.

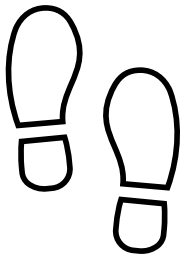
v4– "I will pray to the Lord, and he will answer me from his holy mountain."

- Climb or look up to a highpoint
- Remember that God our heavenly father sees everything
- Remember that wherever you go, God is watching over you and listening to your prayers.
- What insight into the big picture does God want to give you today?

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.



Psalm 19

"The teachings of the Lord are perfect; they give new strength"

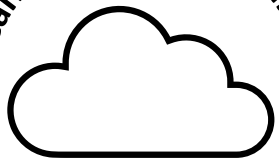
The writer of this Psalm is celebrating the world that God created and the words that God has spoken.

Allow both the beauty around you and the language you are reading to speak to you today.

v1 – "The heavens declare the glory of God, and the skies announce what his hands have made.'

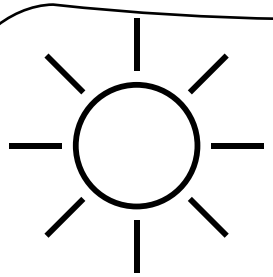
- Find a dry open place to lie down and look at the sky.
- Read aloud verses 1-6 which are all about the sky.
- Think of the sky stretched around the whole world.
- What is God saying to you through the heavens?

Can you see any pictures in the clouds?



v9–10
"The judgments of the Lord are true; they are completely right. They are worth more than gold, even the purest gold. They are sweeter than honey, even the finest honey."

How many bees can you see on your walk today?
How many golden coloured things can you find?



v6– "The sun rises at one end of the sky and follows its path to the other end. Nothing hides from its heat."

- Close your eyes and gently tilt back your face
- Feel the heat of the sun on your skin.
- Soak in the warmth and feel the presence of the sun. Pray and ask God to fill you with his Spirit and warm you with his presence.

Remember! Never look directly at the sun!

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 19

"The teachings of the Lord are perfect; they give new strength"

The writer of this Psalm is celebrating the world that God created and the words that God has spoken.

Allow both the beauty around you and the language you are reading to speak to you today.

v1 – "The heavens declare the glory of God, and the skies announce what his hands have made.'

- Find a dry open place to lie down and look at the sky.
- Read aloud verses 1-6 which are all about the sky.
- Think of the sky stretched around the whole world.
- What is God saying to you through the heavens?

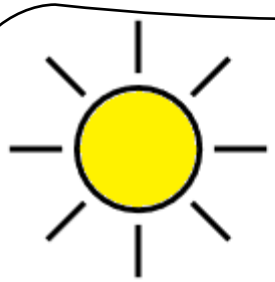
Can you see any pictures

in the clouds?

v9–10

"The judgments of the Lord are true;
they are completely right.
They are worth more than gold,
even the purest gold.
They are sweeter than honey,
even the finest honey."

How many bees can you see on your walk today?
How many golden coloured things can you find?



v6– "The sun rises at one end of the sky and follows its path to the other end.
Nothing hides from its heat."

- Close your eyes and gently tilt back your face
- Feel the heat of the sun on your skin.
- Soak in the warmth and feel the presence of the sun. Pray and ask God to fill you with his Spirit and warm you with his presence.

Remember! Never look directly at the sun!

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 42

"I thirst for the living God, when can I go to meet with him?"

The writer of this Psalm is struggling with sadness and discouragement but seeks an encounter with God. They choose to put their hope in God and to praise Him even during difficult times.

v1 – "As a deer thirsts for streams of water, so I thirst for you, God."

How many different sources of water can you find on your walk?

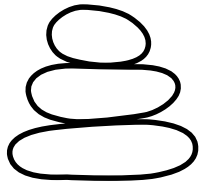
v3 – People are always saying, "Where is your God?"

God is always with us everywhere we go and whatever challenges we are facing. What aspect of creation helps you feel closest to God today?

v 7 – "Troubles have come again and again, sounding like waterfalls. Your waves are crashing all around me."

- Stop and breathe deeply, take time to listen
- What can you hear?
- Remember that God can speak to us in the loudness of the rushing wind or the quietness of the still small voice.
- What is God saying to you in this moment?

v9 – I say to God, my Rock, "Why have you forgotten me?"



- Find a rock and pick it up
- Feel the weight of it in your hand
- Think of a time when you have felt strongly and firmly connected to God.
- Let yourself relax into God's always ready, strong, never-failing arms

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.

We're going on a Psalm Walk...

Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

Psalm 42

"I thirst for the living God, when can I go to meet with him?"

The writer of this Psalm is struggling with sadness and discouragement but seeks an encounter with God. They choose to put their hope in God and to praise Him even during difficult times.

v1 – "As a deer thirsts for streams of water, so I thirst for you, God."

How many different sources of water can you find on your walk?

v3 – People are always saying, "Where is your God?"

God is always with us everywhere we go and whatever challenges we are facing. What aspect of creation helps you feel closest to God today?

v 7 – "Troubles have come again and again, sounding like waterfalls. Your waves are crashing all around me."

- Stop and breathe deeply, take time to listen
- What can you hear?
- Remember that God can speak to us in the loudness of the rushing wind or the quietness of the still small voice.
- What is God saying to you in this moment?

v9 – I say to God, my Rock, "Why have you forgotten me?"

- Find a rock and pick it up
- Feel the weight of it in your hand
- Think of a time when you have felt strongly and firmly connected to God.
- Let yourself relax into God's always ready, strong, never-failing arms

The Holy Bible, New Century Version®. Copyright © 2005 by Thomas Nelson, Inc.