

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.

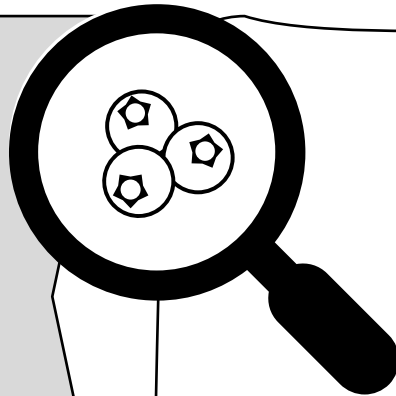


Psalm 1

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

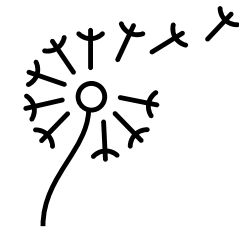
This Psalm thinks about living right for God and choosing the right path.

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



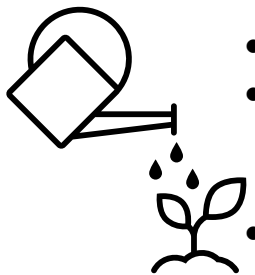
v3 – They are strong, like a tree planted by a river. The tree produces fruit in season, and its leaves don't die. Everything they do will succeed.

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



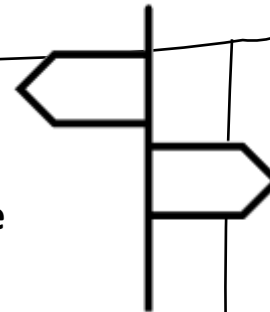
v6– But wicked people are not like that. They are like chaff that the wind blows away.

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.

- 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.

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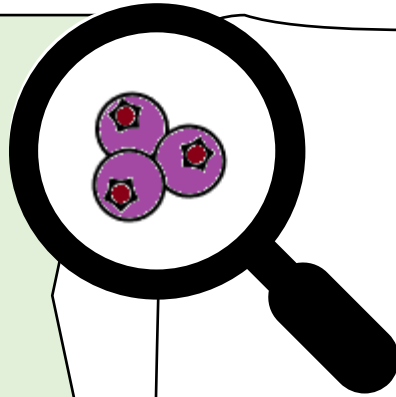


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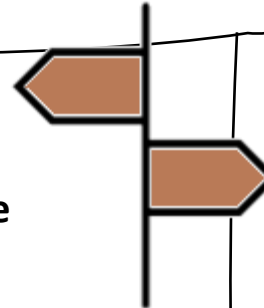


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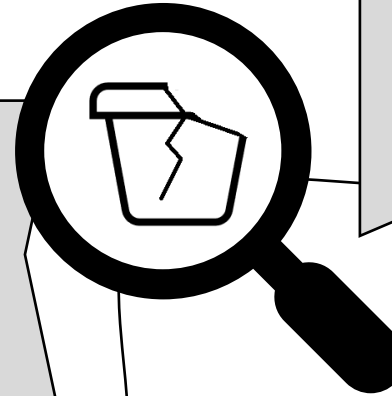
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The world is a messy place with so many challenges individuals and countries, this Psalm speaks of unrest and war between nations, but reminds us that God is above all earthly things.

Psalm 2

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

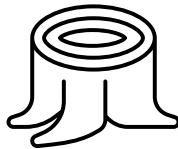


v9 – You will break
them into pieces like
pottery.

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

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 trust him for protection.

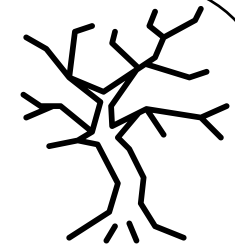
v11 – Obey the LORD with great fear, Be happy, but tremble.



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

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.



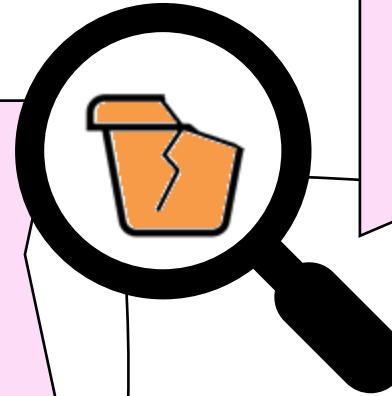
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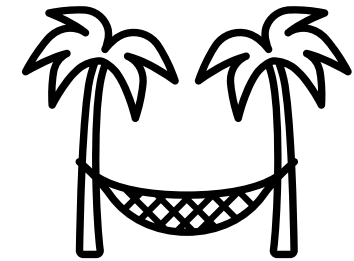
"LORD, rise up! My God, come save me!"

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?

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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

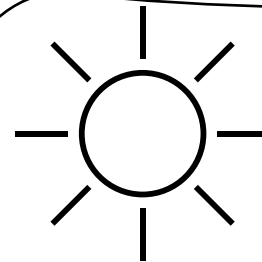


in the clouds?

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!**

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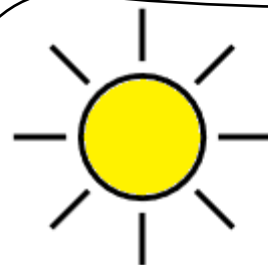


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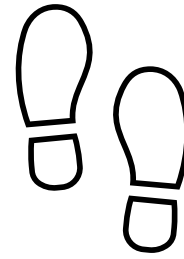
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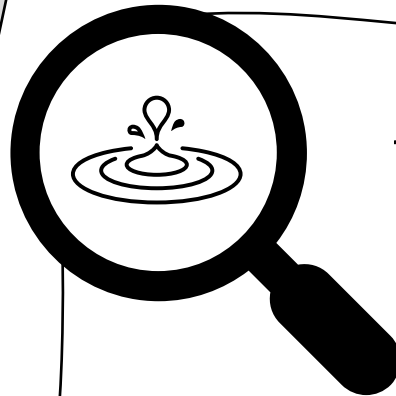
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Psalm 42

"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?"

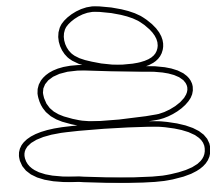
God is always with us everywhere we go and whatever challenges we are facing. What aspect of creation helps you feel closest to God today?



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

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Psalm 4

An Evening Prayer

v 3 – Lord, every morning you hear my voice. Every morning, I tell you what I need, and I wait for your answer.

Find a quiet place to pause and speak to God – give Him your worries and concerns for the day – listen for His response.

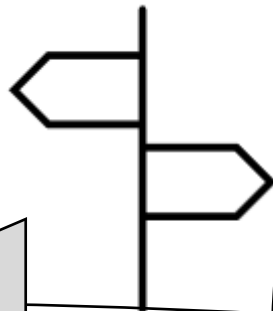


v 3 – The Lord listens when I pray to him.

Again, find a quiet place to pause and speak to God – ask Him to show you how your morning prayer impacted your day – listen for His response.

v 8 – Show me clearly how you want me to live.

Ask God to speak to you about paths he would like you to take in your own life today.



As you walk look out for signposts.



v 6 – Many people ask “Who will give us anything good?”

As you walk; see and acknowledge the wonderful gifts we have in nature. Take time to thank God for his provision and gifts today.

v 1 – Make things easier for me when I am in trouble.

As you walk focus on the ground beneath your feet. Is it smooth or rough? Steep or level? Submit your steps to God and ask him to make easier the things you are struggling with.

Psalm 5

A Morning Prayer for Protection

These two Psalms were written for particular times of day – use these two together and bookend your day with a Psalm walk.

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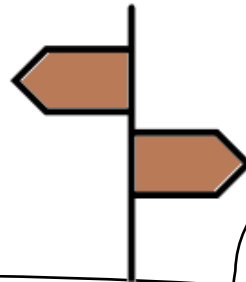
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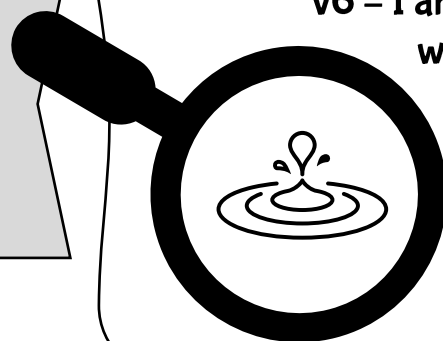
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Psalm 6

"Get away from me, all you who do evil, because the Lord has heard my crying."

This Psalm was written by David during difficult times – David is weak, tired and upset but he knows that God hears him and will come to his rescue.

v6 – I am tired of crying to you, Every night my bed is wet with tears; my bed is soaked from my crying.

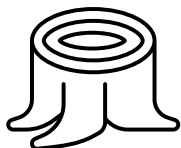


- Look for sources of water on your walk.
- Can you make ripples in the water?
- As you watch the ripples disappear ask God to take away anything which is making you feel sad or upset.

v2 – Lord, have mercy on me because I am weak. Heal me, Lord, because my bones ache.



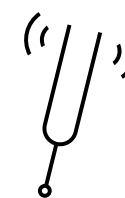
- As you walk turn your thoughts inwards. Feel your muscles working as you move. Feel your feet pushing off from the ground.
- Ask God to protect and care for your physical body, to strengthen you for the walk.



v5 – Dead people don't remember you; those in the grave don't praise you

- Look out for things which appear dead on your walk – fallen leaves, broken branches.
- Consider the cycle that they are part of, that they will return to the earth and become fertiliser for new growth.
- Ask God to give you insight into the bigger picture of his creation and plans.

To be sung upon the Shemenith



The instructions for this Psalm are that it should be sung upon the Shemenith – the lowest octave.

Pause and listen – what is the lowest, deepest sound that you can hear? Remember that God is with us at our lowest moments he hears our deepest cries.

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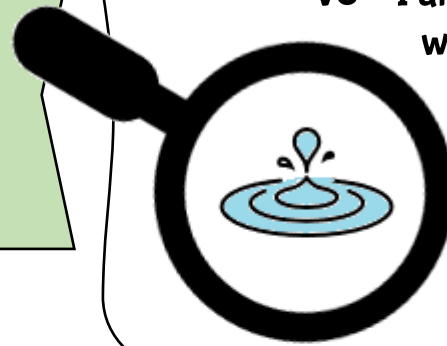
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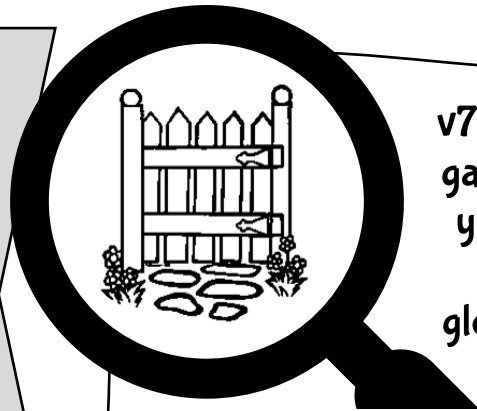
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Psalm 24

Who is this glorious King?
The Lord, strong and mighty.
The Lord, the powerful warrior.

David wrote this Psalm to welcome God into the Temple. Before you embark on your walk pause and welcome God to be beside you and within you today.



v7 – Open up, you gates. Open wide, you aged doors and the glorious King will come in.

How many doors, gates or entrance will you pass through on your walk? Count them as you go.

v3 – Who may go up on the mountain of the Lord? Who may stand in his holy Temple?

- Find a high point to climb to, this could be hill or slope.
- Pause at the top and look down on where you climbed from.

v4 – Only those with clean hands and pure hearts, who have not worshiped idols, who have not made promises in the name of a false god.

- Take a moment to ask God if there are any areas of your life where you are falling short of his standards.
- Offer a prayer of repentance.



v1– 2 – The earth belongs to the Lord, and everything in it—the world and all its people. He built it on the waters and set it on the rivers.

As you walk and enjoy the wonders of God's creation remember that everything you see belongs to God and is known to him, from the tiniest seed to the tallest mountain.

"Who is this glorious King?"

As you walk look for thorns and briars. Remember that the glorious King of the Psalms humbled himself to die on a cross for us.



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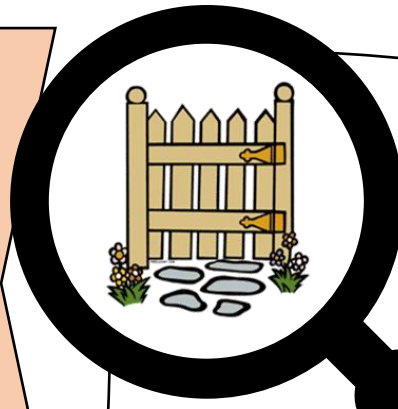


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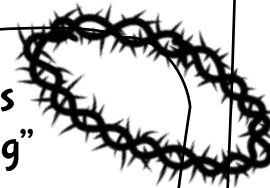


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This Psalm is all about searching for God and thinking about God and praising God no matter what the circumstances.



v 1 – I thirst for you like someone in a dry, empty land where there is no water.

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

What are some of the dry and empty places in your own life that you can bring to God for refreshing?

v 4 – I will lift up my hand: in prayer to your name.



- Find a safe open space to pause.
- Lift up your hands high in the air and look up.
- What can you see now your head is lifted high?
- Spend some time praising God for the beauty of his creation.



Psalm 63

God, you are my God.
I search for you.

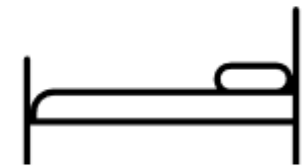
v2– I have seen you in the Temple and have seen your strength and glory.

- As you walk look at the creation all around you.
- What can you see that speaks of the strength and glory of God?
- What do the things you can see tell you about who God is?



v6– I remember you while I'm lying in bed; I think about you through the night.

- Find a place to sit or lie down.
- Breathe deeply.
- Make a list in your head or out loud of words which describe who God is to you.



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.

This Psalm is all about searching for God and thinking about God and praising God no matter what the circumstances.



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What are some of the dry and empty places in your own life that you can bring to God for refreshing?

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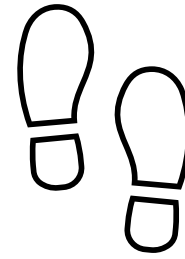


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Psalm 72

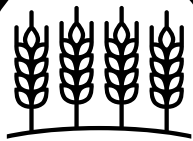
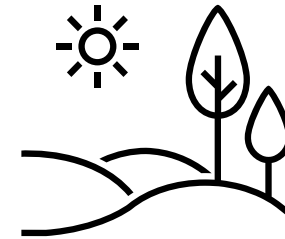
Praise his glorious name forever. Let his glory fill the whole world. Amen and amen.

This Psalm was written as a prayer for the King.

As you walk take time to cover your local area in prayer and the leaders within your community.

v3 – Let there be peace on the mountains and goodness on the hills for the people.

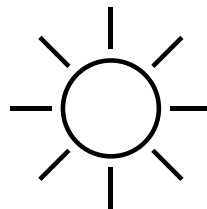
- Climb to a high point on your walk.
- Pray a blessing of God's peace and provision on the people in your community.
- Pray for justice and protection for all who live in your street and town.



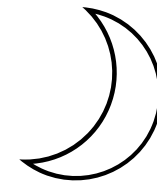
v 16 – Let the fields grow plenty of grain and the hills be covered with crops.

Let the land be as fertile as Lebanon, and let the cities grow like the grass in a field.

How many different types of grass and grain can you find on your walk?



v5– May they respect you as long as the sun shines and as long as the moon glows.



- Feel the heat of the sun and look at the shadows that are formed by its light.
- Lift up in prayer those in leadership in your church, town and nation.
- Pray that they would be a positive light where they work and create legacies of hope and blessings.
- Pray that they would have a strong relationship with God.

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