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We're going on a Psalm walk....



This is the first of our Psalm walks. There is an adult sheet and a children's sheet which both explore the same ideas. Enjoy spending time alone with God while walking outdoors or together with a friend or as a family.

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.