

We're going on a Psalm Walk...



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?