

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 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.



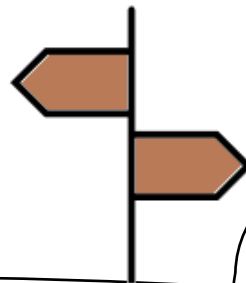
v 3 –The Lord listens when I pray to him.

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.