

Walk 18th October

**May these words of my mouth and this meditation of my heart  
be pleasing in your sight, LORD, my Rock and my Redeemer.**

As you walk:

- What different ways can you see of people communicating with each other?
- What sort of things do we tell each other?
- What sort of things do we tell God?

**Read Psalm 146**

Praise the LORD!

Praise the LORD, O my soul!

I will praise the LORD as long as I live;

I will sing praises to my God all my life  
long.

Do not put your trust in princes,  
in mortals, in whom there is no help.

When their breath departs, they return to  
the earth;

on that very day their plans perish.

Happy are those whose help is the God of  
Jacob,

whose hope is in the LORD their God,  
who made heaven and earth,  
the sea, and all that is in them;

who keeps faith forever;

who executes justice for the oppressed;

who gives food to the hungry.

The LORD sets the prisoners free;

the LORD opens the eyes of the blind.

The LORD lifts up those who are bowed  
down;

the LORD loves the righteous.

The LORD watches over the strangers;

he upholds the orphan and the widow,

but the way of the wicked he brings to  
ruin.

The LORD will reign forever,

your God, O Zion, for all generations.

Praise the LORD!

The book of Psalms closes with seven psalms of praise, this is one of those. In calling others to praise the Lord, the psalmist exhorts them-self to praise the Lord. In this psalm the reason for bringing praise, is because the Lord is the only one in whom we can place our trust. God is recounted for being the creator and deliver, who heals the sick, frees the prisoners and lifts the oppressed. In recognising sickness and oppression, the psalmist recognises that not everyone has the same of God's grace. God moves in the midst of sufferings, sustaining people and growing them towards who they will be.

The psalms are not reserved for Sunday worship, we are invited to experience them in order that we can sing these song in daily life. When we are neck deep in the mire, we can sing the songs of lament. When we are experiencing grace and joy, we can sing songs of thanksgiving, when we are struggling we are invited to sing songs of trust and when we see God we are invite to praise.

- Who is God to you today?

Consider who is before you, whether you know them, or can guess something about them and pray for them, that they can find their trust in God.

## **Activity**

**Music can often transport us back to the time and place we heard it. Is there a song, tune, piece of music that has carried you through the last 7 months?**

**Why this piece?**

**What made you connect with the words or music?**

**Did you play the music, or did you always seem to hear it?**

**Keep listening out for those songs that resonate with our lives.**