Walk 27th September

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 look for rocks and stones.

What is the characteristic of a rock?

What are they used for?

Read Psalm 69:1-16

The Psalm uses words and images that we can relate to even today. When situations and events feel overwhelming, we speak in this way. It expresses that life can be disorientating, that faith is not as simple we have often been taught and it can leave us feeling as though, there is no solid ground. But through the prayer offered in this psalm, action from God is evoked, to move to the next place, showing that God can take us from the deepest, darkest place with our fears, questions and doubts through to those better places. God is with us.

Where do you find God in this psalm?

Pick up a rock, feel its weight and rough edges and talk to God about what they remind you of, and when you feel ready, set down your rock, thanking God for the opportunity to hand the hard things over to Him.

Activity

Create a cairn. Place a stone, for each time when life has been a struggle and you have made it through. Remembering the things that have given you strength in those times. Use it to inspire you in the times to come that will prove as challenging.