

Walk 4th 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 notice how many lights there are.

- What are they for?

Find a place to stop that is noisy or busy, (please keep socially distanced)

**Read Psalm 27**

The Lord is my light and my salvation;  
whom shall I fear?

The Lord is the stronghold of my life;  
of whom shall I be afraid?

When evildoers assail me  
to devour my flesh—

my adversaries and foes—  
they shall stumble and fall.

Though an army encamp against me,  
my heart shall not fear;

though war rise up against me,  
yet I will be confident.

One thing I asked of the Lord,  
that will I seek after:

to live in the house of the Lord  
all the days of my life,

to behold the beauty of the Lord,  
and to inquire in his temple.

For he will hide me in his shelter  
in the day of trouble;

he will conceal me under the cover of his tent;  
he will set me high on a rock.

Now my head is lifted up  
above my enemies all around me,

and I will offer in his tent

sacrifices with shouts of joy;  
I will sing and make melody to the Lord.

Hear, O Lord, when I cry aloud,  
be gracious to me and answer me!

“Come,” my heart says, “seek his face!”  
Your face, Lord, do I seek.

Do not hide your face from me.

Do not turn your servant away in anger,  
you who have been my help.

Do not cast me off, do not forsake me,  
O God of my salvation!

If my father and mother forsake me,  
the Lord will take me up.

Teach me your way, O Lord,  
and lead me on a level path  
because of my enemies.

Do not give me up to the will of my adversaries,  
for false witnesses have risen against me,  
and they are breathing out violence.

I believe that I shall see the goodness of the Lord  
in the land of the living.

Wait for the Lord;

be strong, and let your heart take courage;  
wait for the Lord!

This psalm speaks of both help and trust; it is a psalm that implies a dependence on God. This is a little bit different from a prayer for help, where fear and desperation are the dominant theme.

- Is there a difference between a prayer and a psalm?
- What is the purpose of prayers and psalms?

Here in the business and noise of life, here is where we call out to God. We come from a place that trusts God to hear us, to guide us and strengthen us. We have learnt that life's lessons are hard and we approach, not from a place overwhelmed by fear, but confident that we are not alone within it.

Take some time to pray for the people around you and consider what your psalm might be to bring them hope and confidence.

## **Activity**

**What sort of things do you have to wait for in life?**

**What tells us to wait? As you head out and about this week, see how many different signs you can see that tell you to wait.**

**Make a note of them below.**

**Which one is your preferred sign? Why?**