

STEP 1



Wake up, rise and shine!
Don't reach for your phones - pack a picnic
together and go out into God's wonderful world!
Where you will go - park, countryside, canal/
river walk, beach?

Choose someone to read the following (see if you
can memorise verse three below):

"You search out my path and my lying down,
and are acquainted with all my ways."

God comes with us on our walk. He knows all
about us and He loves us.

Stop and Pray: Dear God, thank you for this new
day. Be with us, every step of the way. We ask
you to bless and fill each one of us with your joy!
Amen.

Arrive and begin your walk.

STEP 2



Use your senses - what can you see, hear, smell?
Cotton wool clouds, chirping birds, swaying
branches, snapping twigs, scented flowers in
bloom...
many birds or insects can you spot? Decide who is
going to look for birds and who is going to look
for insects and agree on a time limit. Ready,
steady, spot!

Choose someone to read the following:

"If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast."

God our creator has lovingly created our
beautiful world. He will hold you close to his
heart as you are the most amazing part of his
creation. Yes, that's right, you!

Stop and Pray: Thank you God for our sight, our
smell, our hearing, our touch and taste. We pray
for all those who cannot experience your creation
like we do. Amen.

STEP 3



Take turns to lead the way on the path. Play
follow my leader! Make sure no one is left
behind.

Choose someone to read the following. Then
chant or sing it over and over as you skip, run,
walk...

"Lead me in the way everlasting."

God is with you on your journey through life and
he never leaves you. We ask God to be our
Leader. To lead our family, now and always.

Stop and Pray: On this last step, join hands and
say the family prayer that Jesus taught us, the
'Our Father'.

We hope you have enjoyed your walk together.
Have a look at the CELEBRATE@Home online
family activity pack for more things to do this
summer.

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STEP 4



Find a spot to stop, maybe have a snack and
listen to these verses.
Choose someone to read the following:

"For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully
made."

Look at each other.
Who has the longest hair?
Thinnest wrists?
Largest hand span?
Smallest nose?
Craziest dress sense?

Stop and Pray: We praise God that we are wonderfully and
fearfully made.
We praise God for ... [fill in the blank together
with all the ideas you have]

STEP 5



Walk on - is there a river or stream ahead? Or
dandelion clocks growing by? Or pull out your
pot of bubbles.

Choose someone to read the following:

"Search me, God, and know my heart; test me
and know my anxious thoughts."

Do you have any worries? Are there people that
are sick or lonely in your thoughts? Are there
things happening in the world that make you sad?

Take time to pray. For each prayer, drop a little
twig 'Pooh sticks' style into the river, or blow a
dandelion clock or blow bubbles as a sign of
your prayers going to God.

Stop and Pray :

Dear God, we hand over to you all the people
and situations that are on our minds, and ask you
to fill our hearts with your peace.
Amen.

STEP 6



Walk on.
Can you find little grains of sand or soil? Or
blades of grass, daisies or petals? Maybe there
are lots of clouds in the sky?
Have a go at counting them? Did you lose count?

Choose someone to read the following:

"How weighty to me are your thoughts, O God!
How vast is the sum of them!
I try to count them—they are more than the sand."

God has more thoughts than we can ever have.
God is amazing. He holds us all in his hands and
we are all in his thoughts, all the time!

Stop and Pray: Dear God, sometimes I forget
people but you never forget us. Help us to think
of and care for others with love and kindness,
whatever background or culture they come from.
Amen.

God was there with us right from our beginning
as our loving creator. He cares for us - he even
knows how many hairs are growing on our head!
Stop and Pray: Thank you God that you made me
for a purpose and you watch over me each day.
Amen.

 **CELEBRATE**
SUMMER *Psalms* WALK

This walk is based on Psalm 139.

Let's think about God's word together as we walk and talk through His beautiful world. If you would like to, you could take your Bible with you and read the whole Psalm when you have finished exploring together.

Optional extras to take with you - a small pot of bubbles and a snack!

We have laid out a path of steps for you - take time and stop and reflect at each one.

START!

STEP 1:

"You search out my path and my lying down, and are acquainted with all my ways."



STEP 2:

"If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast."



STEP 3:

"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made."



STEP 4:

"My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth."



STEP 5:

"How weighty to me are your thoughts, O God! How vast is the sum of them! I try to count them—they are more than the sand."



STEP 6:

"Search me, God, and know my heart; test me and know my anxious thoughts."



STEP 7:

"Lead me in the way everlasting."



FINISH