

## A Holy Hike with Psalms for Adults

There are many ways to hike with scripture, here are two:

- Choose one psalm excerpt and carry it with you. When during your hike does it speak the loudest?
- Keep this list in mind: Trees and plants, the heavens, a path, wings, rocks, mountains and valleys, water, dust, thunderstorm, food, animals. When you are reminded of one of the words, rest and reflect with the psalm offered. How does the psalm change the way you feel?

### TREES/PLANTS

“They are like trees  
planted by streams of water,  
which yield their fruit in its season,  
and their leaves do not wither.” Psalm 1:3

“The wicked are not so,  
but are like chaff that the wind drives away.” 1:4

“But I am like a green olive tree  
in the house of God.  
I trust in the steadfast love of God  
for ever and ever.” Ps 52:8

“As for mortals, their days are like grass;  
they flourish like a flower of the field;  
for the wind passes over it, and it is gone,  
and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting” Ps. 103: 15-17

### THE HEAVENS

“When I look at your heavens, the work of your fingers,  
the moon and the stars that you have established;  
what are human beings that you are mindful of them,  
mortals that you care for them? Psalm 8:6

“The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.

“In the heavens he has set a tent for the sun,  
which comes out like a bridegroom from his wedding canopy,  
and like a strong man runs its course with joy.  
Its rising is from the end of the heavens,  
and its circuit to the end of them;  
and nothing is hidden from its heat. ” Ps. 19:5-6

“Your steadfast love, O Lord, extends to the heavens,  
your faithfulness to the clouds.  
Your righteousness is like the mighty mountains,  
your judgements are like the great deep;  
you save humans and animals alike, O Lord. ” Ps. 36:5-6

“For your steadfast love is as high as the heavens;  
your faithfulness extends to the clouds. ” Ps. 57:10

“Yours is the day, yours also the night;  
you established the luminaries and the sun.  
You have fixed all the bounds of the earth;  
you made summer and winter.” Ps. 75:16-17

“It shall be established forever like the moon, an enduring witness in the skies” Ps. 89:37

“Let the heavens be glad, and let the earth rejoice;  
let the sea roar, and all that fills it;  
let the field exult, and everything in it.  
Then shall all the trees of the forest sing for joy  
before the Lord;” Ps. 96:11-13

“For as the heavens are high above the earth,  
so great is his steadfast love towards those who fear him;  
as far as the east is from the west,  
so far he removes our transgressions from us.” Ps. 103:11-12

“He determines the number of the stars;  
he gives to all of them their names.” Ps. 147:4

“Praise him, sun and moon;  
praise him, all you shining stars!  
Praise him, you highest heavens,  
and you waters above the heavens!  
Let them praise the name of the Lord,  
for he commanded and they were created.  
He established them for ever and ever;  
he fixed their bounds, which cannot be passed. ” Ps. 148:3-4

## **PATH**

“You show me the path of life.  
In your presence there is fullness of joy;  
in your right hand are pleasures for evermore.” Ps 16:11

“My steps have held fast to your paths;  
my feet have not slipped.” Ps 17:5

“Our steps are made firm by the Lord,  
when he delights in our way;  
though we stumble, we shall not fall headlong,  
for the Lord holds us by the hand. ” Ps. 27:23-24  
“When I thought, ‘My foot is slipping’,  
your steadfast love, O Lord, held me up.” Ps. 94:18

## **WINGS**

“Guard me as the apple of the eye;  
hide me in the shadow of your wings, Ps. 17:8

“in the shadow of your wings I will take refuge,  
until the destroying storms pass by. ” Ps 57:1

“Let me abide in your tent for ever,  
find refuge under the shelter of your wings.” Ps. 61:4

## **ROCK**

“Be a rock of refuge for me,  
a strong fortress to save me.” Ps 31:2

“He drew me up from the desolate pit,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.” Ps. 40:2

“Lead me to the rock  
that is higher than I;  
for you are my refuge,  
a strong tower against the enemy.” Ps. 61:2-3

“For God alone my soul waits in silence;  
from him comes my salvation.

He alone is my rock and my salvation,  
my fortress; I shall never be shaken.” Ps. 62:1-2

## **MOUNTAINS/VALLEYS**

“Even though I walk through the darkest valley,  
I fear no evil;  
for you are with me;” Ps. 23:4

“O send out your light and your truth;  
let them lead me;  
let them bring me to your holy hill  
and to your dwelling.” Ps. 43:3

“His holy mountain, beautiful in elevation,  
is the joy of all the earth,” Ps. 48:1-2

“You have caused the land to quake; you have torn it open;  
repair the cracks in it, for it is tottering.” Ps 60:2

“from the depths of the earth  
you will bring me up again.” Ps. 71:20

“Glorious are you, more majestic  
than the everlasting mountains.” Ps. 76:4

“In his hand are the depths of the earth;  
the heights of the mountains are his also.” Ps. 95:4

“I lift up my eyes to the hills—  
from where will my help come?  
My help comes from the Lord,  
who made heaven and earth. ” Ps. 121:1-2

“Out of the depths I cry to you, O Lord.  
Lord, hear my voice!” Ps. 130:1

## **WATER**

“he drew me out of mighty waters...He brought me out into a broad place; he delivered me,  
because he delighted in me.” 18:16, 19

“he leads me beside still waters;  
he restores my soul.

He leads me in right paths  
for his name's sake." Ps. 23:1-3

"The voice of the Lord is over the waters;  
the God of glory thunders,  
the Lord, over mighty waters." Ps 29:3

"you give them drink from the river of your delights.  
For with you is the fountain of life;  
in your light we see light. " Ps. 36:8-9

"Deep calls to deep  
at the thunder of your cataracts;  
all your waves and your billows  
have gone over me." Ps 42:7

"O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water." Ps. 63:1

"May he be like rain that falls on the mown grass,  
like showers that water the earth." Ps. 72:6

"Let the sea roar, and all that fills it;  
the world and those who live in it.  
Let the floods clap their hands;  
let the hills sing together for joy  
at the presence of the Lord," Ps. 98:7-8

"He turns a desert into pools of water,  
a parched land into springs of water." Ps 107: 35

## **DUST**

"For we sink down to the dust;  
our bodies cling to the ground." Ps 44:25

"the rebellious live in a parched land." Ps. 68:6

"O my God, make them like whirling dust, like chaff before the wind" Ps. 83:13

## **THUNDERSTORM**

“Out of the brightness before him  
there broke through his clouds  
hailstones and coals of fire.  
The Lord also thundered in the heavens,  
and the Most High uttered his voice.  
And he sent out his arrows, and scattered them;  
he flashed forth lightnings, and routed them.  
Ps 18:13-14

“Rain in abundance, O God, you showered abroad;” Ps. 68:9

“The crash of your thunder was in the whirlwind; your lightnings lit up the world; the earth trembled and shook.” Ps. 77:18

“He it is who makes the clouds rise at the end of the earth;  
he makes lightnings for the rain  
and brings out the wind from his storehouses.” Ps. 135:7

“He covers the heavens with clouds,  
prepares rain for the earth,  
makes grass grow on the hills.” Ps 147:8

“He gives snow like wool;  
he scatters frost like ashes.  
He hurls down hail like crumbs—  
who can stand before his cold?  
He sends out his word, and melts them;  
he makes his wind blow, and the waters flow. ” Ps. 147:16-18

## **FOOD**

“The pastures of the wilderness overflow,  
the hills gird themselves with joy,  
the meadows clothe themselves with flocks,  
the valleys deck themselves with grain,  
they shout and sing together for joy.” Ps. 65:12-13

“I would feed you with the finest of the wheat, and with honey from the rock I would satisfy you.” Ps. 81:16

“These all look to you  
to give them their food in due season;  
when you give to them, they gather it up;  
when you open your hand, they are filled with good things.” Ps. 104:27-28

## **ANIMALS**

“Many bulls encircle me,  
strong bulls of Bashan surround me;  
they open wide their mouths at me,  
like a ravening and roaring lion.” Ps. 22:12-13

“Do not be like a horse or a mule, without understanding,  
whose temper must be curbed with bit and bridle,  
else it will not stay near you.” Ps 32:9

“The young lions suffer want and hunger,  
but those who seek the Lord lack no good thing.” Ps. 34:10

“As a deer longs for flowing streams,  
so my soul longs for you, O God.  
My soul thirsts for God,  
for the living God.” Ps 42:1-2

“Then he led out his people like sheep, and guided them in the wilderness like a flock. 53 He led them in safety, so that they were not afraid;” Ps. 78:52-53

“Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O LORD of hosts, my King and my God.” Ps. 84:3

“I lie awake;  
I am like a lonely bird on the housetop.” Ps. 102:7

“We have escaped like a bird from the snare of the fowlers; the snare is broken and we have escaped.” (Ps. 124:7)

“He gives to the animals their food,  
and to the young ravens when they cry.” Ps. 147:9