

A Holy Hike with Psalms for Children and Youth

Ways to use the verses:

- 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 and 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

“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

“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

“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

PATH

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

“When I thought, ‘My foot is slipping’, your steadfast love, O Lord, held me up.” Ps. 94:18

ROCKS

“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

MOUNTAINS and VALLEYS

“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

“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

WATER

“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

“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

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

“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

“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

“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

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