



Scan for worship song

We're going on a Psalm walk....



# Psalm 1

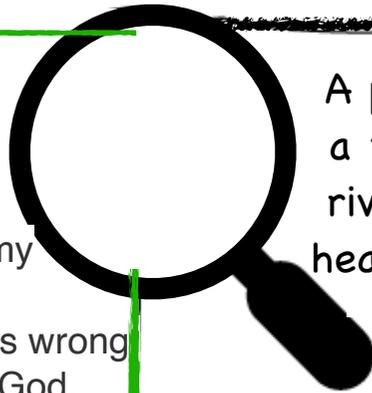
It's all about a choice. We can choose to stand strong in loving God or we can just be blown along with the crowd.



This is the first of our Psalm walks. Go for a walk with your family and enjoy spending time outdoors with them and with God. There is another page, like this one, which your grown ups can use on the walk.

## Have a go at making up some actions to this rhyme...

I'm going down, down, down  
into God's love  
So I can grow up, up, up to be my best  
I'm saying no, no, no to all that is wrong  
And I'm saying yes, yes, yes to God.  
I'm like a tree, tree, tree that cannot be moved  
So I can love, love, love just like God  
I'll not be blown, blown, blown this way and that  
But I'll trust, trust, trust in God's great power



A person who loves God is like a tree which grows next to a river because it is strong, healthy and grows lots of fruit.

Look for fruit and berries on your walk.

When you get home, draw a picture in the magnifying glass of something you saw.

Find a stick and draw a pathway in the dirt.  
Say thank you to God for always being with you.



Stop and feel the wind blowing on you.

Can you see anything that's being around by the wind?

Can you make your feet stand still.

Feel how strong the ground is under your feet.

Ask someone to say the rhyme that's on this page - in the green box while you make up some actions.

Can you find a seed on your walk?



What do you think it will grow into?



Ask God to help you grow strong and full of good things.