

## Psalm 145 – Praise

- ① **Psalm 145** is an Acrostic poem in the Hebrew alphabet. Every line begins with a different letter. As you walk try to think of reasons to praise God using every letter in our alphabet.

*Eg praise God for apples and ambulances, praise God for birds and balloons at parties.*

Walk on for a while and stop when you are ready.

- ① **I will extol you my God and King, and bless your name for ever and ever.**

The focus is on God as we praise him. Say the words, “I will extol you my God and King and bless your name for ever and ever” together. Say them loudly and quietly until you are telling God together.

Find something around you that interests you, maybe a rock, leaf, stick and really focus to look at it. Praise God for it.

Walk on for a while and stop when you are ready.

- ① **Every day I will bless you, and praise your name for ever and ever. One generation shall laud your works to another and shall declare your mighty acts.**

It is an act of will, a choice to praise God. Ask another person in your group what they praise God for. When you get home ask someone from another generation (older or younger) what they choose to praise God for.

Walk on for a while and stop when you are ready.

- ① **The might of your awesome deeds shall be proclaimed, and I will declare your goodness.**

Use sticks or leaves on the ground to write or draw a message to tell God how good he is.

Walk on for a while and stop when you are ready.

- ① **All you have made will give thanks to you O Lord.**

Look for creatures on your walk. Insects, birds, animals – what would they praise God for? If you were a worm, a fly, a bird, a dog – what would you be praising God for right now?

Walk on for a while and stop when you are ready.

- ① **Pray together**

Thank you, God, for being with us on this walk. Thank you for all the reasons we thought of to praise you, and for so many more. Thank you for creation and for all we have seen. Be with us as we continue to walk with you. Amen.