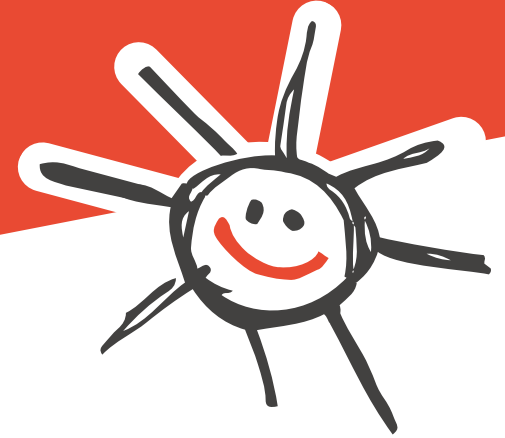


# Summer praise



Inspire a faith that lasts

# Scavenger hunt



**Together as a family, look out of your window, or go for a nature hunt outside!**

As you go through the activities we'll be reading **Psalm 23**, and remembering that God is always caring for us.

## 1. Find a path or track and follow it

*'The Lord is my shepherd, I shall not be in want.'* **v1**

God promises to take care of us – he knows everything that we need and will look after us.

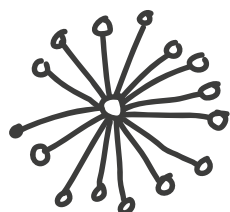
- What can you spot that helps you know the way? (Signposts, landmarks, paths, etc.)
- How many dogs do you pass on your walk? Maybe you can even see sheep or other animals. Why do you think Jesus called himself 'the good shepherd'?

## 2. Find a safe place to lie down

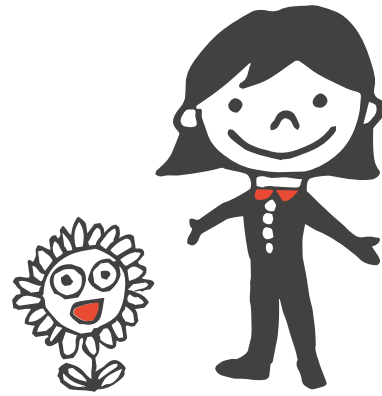
*'He makes me lie down in green pastures.'* **v2**

God likes us to enjoy spending time in his creation, and shows us things from a different perspective.

- From this position, what do you notice about the sky? How does the ground around you look different from this angle?
- How does it feel when you relax on the ground like this? Do you want to lie still or roll around? What is God showing you?



### 3. Find some water – play 'Poohsticks', skim stones, catch a raindrop on your tongue, jump in a puddle, peer down a drain or have a drink



*'He leads me beside quiet waters.'* v3

We need water to live, and God provides this for us.

- If it's very dry and hot, you might need to look a bit harder for signs of water. Where are the plants and animals getting their drinks from?
- Think about all the ways God has provided for you. Can you count your blessings as you walk along?

### 5. Play follow-the-leader, or make a trail for someone to follow, placing sticks in the shape of arrows

*'He guides me in paths of righteousness.'* v3

God shows us the right way to go. We can trust him with our decisions and worries.

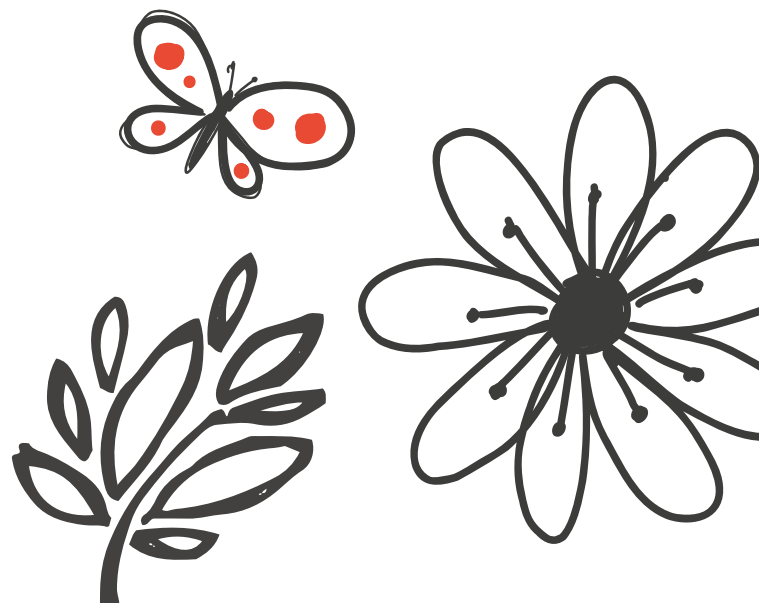
- You could make a treasure trail for someone else to find later, or go home and make a map of your walk for someone else to follow.
- Do you have any decisions, worries or anything you're not sure about? Talk about them to God, and ask him to help you.

### 4. Spot some trees in full leaf, flowers in bloom, or a beautiful butterfly

*'He restores my soul.'* v3

Being outside is good for us. Notice your body moving, your lungs taking deep breaths of air, and your eyes watching beautiful and interesting things around you.

- Take a photo, draw a picture, write a poem or make up a song about something you can see that makes you feel happy.
- Research what you have found when you get home – finding out how amazing God's creation is can also make us feel really happy. You could go to the library or look online to find out more.
- Share your art or research with someone else – restore their soul too!



## 6. Make a crown out of flowers or grass

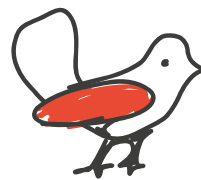
***'You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.'* v5**

We are precious and special to God. He has more amazing things in store for us than we could possibly imagine! Putting oil on someone's head is a sign of protection. God will always look after us.

- Stop for a picnic or snack. Imagine a banquet in heaven and a cup that is overflowing with a drink. What might that be like?
- This psalm acknowledges that life can be difficult but God's provision and protection happens 'in the presence of my enemies'. Think about any difficulties or worries you have. Then think about how God is still with you.

## 8. Can you find any other signs of summer?

- Butterflies
- Bats (in early evening)
- Cut grass
- Flowers
- Bugs, beetles and grasshoppers



## 7. Listen for sounds of nature

***'Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.'* v6**

Whenever we walk outside, we are surrounded by plants and creatures. Some are big and loud and obvious, like a huge tree, swaying and rustling in the wind. Some are microscopic or very quiet, or even underground, like insects, scuttling busily beneath us. God's goodness and love is all around us too, and he promises us that he will always be with us.

- How many sounds can you hear, by standing still and listening, or by putting your ear right down to the ground?
- Can you join in the sound of this beautiful noisy creation? Whisper with swaying grasses, answer a bird's call with a beautiful whistle or shout with trees in the noisy wind. Pray out loud and thank God that he is always with us.

Have fun  
together!