**Session 2: The Nature Journey**

**1. Read**
*As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God? Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God. (Psalm 41:1,2,5)*

**2. Think**

How does this passage connect with you today?

**3. Journal**
As you embark on the prayer walk you will come across the following landmarks – stop at each one of them and journal what God is saying to you through each of them.

**The Path**

Consider a decision you need to make and imagine yourself walking hand-in-hand with Jesus along a path and meditate on Psalm 16:8-11: *“I have set the Lord before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body will also rest secure. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”*

God, what are you saying to you through the Path?

**The Birds**

Look and listen for birds as you meditate on Psalm 104:1,12,28,30: *“Praise the Lord, O my soul. O Lord my God, you are very great… The birds of the air nest by the waters; they sing among the branches… When you open your hand, they are satisfied with good things… When you send your Spirit, they are created, and you renew the face of the earth.”*

God, what are you saying to you through the Birds?

**The River**

Sit by a river and let it speak to your soul and meditate on Psalm 36:8-9: *“We feast on the abundance of your house; you give us drink from your river of delights. For with you is the fountain of life; in your light we see light.”*

God, what are you saying to you through the River?

**The Tree**

Sit near a tree and meditate on Psalm 92:12-14: *“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.”*

God, what are you saying to you through the Tree?

**The Waterfall**

Sit and listen to the sound of the waterfall as you meditate on Psalm 42:7-8: *“Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By the day the Lord directs his love, at night his song is with me.”*

God, what are you saying to you through the Waterfall?

**The Rock**

Find a rock to sit on or to hold and meditate on Psalm 62:1-2: *“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation.”*

God, what are you saying to you through the Rock?