

PRAYER PATH GUIDE



Psalm 1

Make your way down the trail to the patio.
Sit in one of the blue chairs.

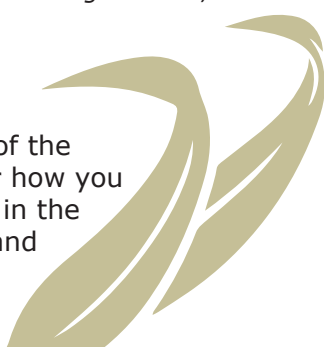
Read through Psalm 1.

- 1 Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,*
- 2 but whose delight is in the law of the Lord,
and who meditates on his law day and night.*
- 3 That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*
- 4 Not so the wicked!
They are like chaff
that the wind blows away.*
- 5 Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.*
- 6 For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.*

Select one verse or phrase that stands out to you today. As you make your way to the cross, reflect on this verse. Discuss it with your Prayer Path partner or with God as you walk. Pause at the foot of the cross and sit on the bench.

Pray:

*God,
Help me to experience delight when I read Your words. Give me the nourishment and support I need to grow deep roots. May my life bear good fruit, so I can be a blessing to others.
Amen.*



As you walk down the rest of the Prayer Path, make plans for how you will commit to the Summer in the Psalms Bible Reading Plan and Devotional Guide.

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Psalm 23

Start your walk on the Prayer Path. Pause at the patio and sit in one of the blue chairs.

Read through Psalm 23:1-3.

*The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside the still waters.
He restores my soul.
He leads me in paths of righteousness
for His name's sake.*

What is preventing you from experiencing peace right now? Share with your Prayer Path partner or God.

As you continue your walk on the Prayer Path, take notice of the beautiful scenery. How might God be leading you to green pastures, still waters, and paths of righteousness in this circumstance?

Discuss it with your Prayer Path partner or with God as you walk. Pray for God to begin restoring your soul.

At the top of the hill, you'll reach a tunnel of cedar trees. Reflect on the circumstances that are currently preventing you from experiencing peace. What fears do you have about this?

Pray these words from Psalm 23:4 as you walk through the tunnel of trees.

*Even though I walk
through the valley of the shadow of death,
I will fear no evil,
for You are with me;
Your rod and Your staff,
they comfort me.*





Pause at the foot of the cross and thank Jesus for overcoming the darkness with light. Continue down the hill back towards the patio.

At the patio, you'll find small containers of oil. Anointing the head with oil was a symbol of being chosen and blessed.

Read through Psalm 23:5-6.

*You prepare a table before me
in the presence of my enemies;
You anoint my head with oil;
my cup runs over.
Surely goodness and mercy shall follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.*

Take the oil and anoint your own head or your partner's forehead with a cross.

Recite this blessing as you anoint:

*May the Good Shepherd guide and protect you,
causing your cup to overflow. And surely His
goodness and mercy will follow you all the days
of your life.*

As you continue walking the remainder of the Prayer Path, reflect on and discuss how God is restoring your soul.



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Psalm 51

Start your walk on the Prayer Path. Pause at the patio and sit in one of the blue chairs.

Read Psalm 51:1-3.

*Have mercy on me, O God,
according to Your unfailing love;
according to Your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
For I know my transgressions,
and my sin is always before me*

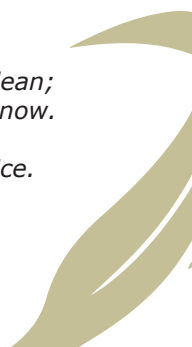
As you continue on the Prayer Path, confess your sins, including those of commission—when we do something wrong—and those of omission—when we fail to do what is right. Share with your Prayer Path partner or with God.

As you reach the far west end of the prayer path, you'll turn back and begin weaving through a trail edged with large boulders. Sin can create boulders and obstacles in our relationships.

At the top of the hill, you'll reach a tunnel of cedar trees. Make your way to the middle of the tunnel and sit on the bench facing the playground.

Read Psalm 51:7

*Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins
and blot out all my iniquity.*



Hyssop was a plant used for cleansing and purification rituals. The tall, thin, leafy plants in front of you right now are hyssop plants. Pray for God to cleanse you of your sin, including the guilt, shame, and pain resulting from that sin.

Make your way to the cross and sit on the bench facing the cross.

Read Psalm 51:4.

*Against You, You only, have I sinned
and done what is evil in Your sight;
so You are right in Your verdict
and justified when You judge.*

Pray and ask God to forgive sin that has harmed your relationship with Him.

The cross is in front of you. The vineyard is behind you. You are surrounded by forgiveness.

Hear these words: "*You are completely forgiven, cleansed, and washed whiter than snow.*" Pray that you will fully believe and accept this forgiveness for yourself.

Continue down the hill back towards the patio. You will see two orange chairs. Orange is the color of hope. Sit in the orange chairs.

Read Psalm 51:10-12.

*Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.*

How will you be different after receiving this forgiveness? Share with your Prayer Path partner or with God. As you continue walking the remainder of the Prayer Path, thank God for this gift of forgiveness.

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Psalm 65

This is a prayer walk of gratitude, thanking God for abundantly providing everything we need. Start your walk on the Prayer Path. Pause at the patio and sit in one of the blue chairs.

Read Psalm 65:1-5

*What mighty praise, O God,
belongs to You in Zion.
We will fulfill our vows to You,
for You answer our prayers.
All of us must come to You.
Though we are overwhelmed by our sins,
You forgive them all.
What joy for those You choose to bring near,
those who live in Your holy courts.
What festivities await us
inside Your holy Temple.
You faithfully answer our prayers with awesome deeds,
O God our savior.
You are the hope of everyone on earth,
even those who sail on distant seas.*

As you continue your walk on the Prayer Path, thank God for all your prayers that have been answered with awesome deeds. Share with your Prayer Path partner or with God. Pause at the top of the hill and sit at the picnic table.

Read Psalm 65:8.

*Those who live at the ends of the earth
stand in awe of your wonders.
From where the sun rises to where it sets,
you inspire shouts of joy.*

Look out in awe at God's creation all around you. Offer a prayer of praise to God.

Continue on through the tunnel of trees.
Stand at the top of the hill behind the cross.

Read Psalm 65:9-10.

*You take care of the earth and water it,
making it rich and fertile.*

*The river of God has plenty of water;
it provides a bountiful harvest of grain,
for You have ordered it so.*

*You drench the plowed ground with rain,
melting the clods and leveling the ridges.*

*You soften the earth with showers
and bless its abundant crops.*

To your left, down the hill, are rows of plants and raised garden beds where crops will grow. In front of a cross is a vineyard. God provides all they need for an abundant harvest.

How has God provided for you and blessed you with an abundant harvest? Share with your Prayer Path partner or with God.

As you continue down the hill back towards the patio, pause at one of the benches or chairs.

Read Psalm 65:11-13

*You crown the year with a bountiful harvest;
even the hard pathways overflow with abundance.
The grasslands of the wilderness become a lush pasture,
and the hillsides blossom with joy.
The meadows are clothed with flocks of sheep,
and the valleys are carpeted with grain.
They all shout and sing for joy!*

Continue down the hill. How has God provided for you and produced blessings in hard seasons of your life? Share with your Prayer Path partner or with God.

As you continue walking along the remainder of the Prayer Path, take a moment to thank God for His abundant generosity and provision.

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Psalm 84

Make your way down the trail to the patio. Sit in one of the blue chairs.

Read Psalm 84:1-4

*How lovely is your dwelling place,
O Lord of Heaven's Armies.
I long, yes, I faint with longing
to enter the courts of the Lord.
With my whole being, body and soul,
I will shout joyfully to the living God.
Even the sparrow finds a home,
and the swallow builds her nest and raises her young
at a place near your altar,
O Lord of Heaven's Armies, my King and my God!
What joy for those who can live in your house,
always singing your praises.*

As you continue your walk along the Prayer Path, reflect on all the ways you've seen God this week. Notice how you sense God's presence in the nature of the Prayer Path.

How do you experience God's nearness or spirit dwelling within you? Share with your Prayer Path partner or with God. Pause at the top of the hill and sit at the picnic table.

Read Psalm 84:5-7

*What joy for those whose strength comes from the Lord,
who have set their minds on a pilgrimage to Jerusalem.
When they walk through the Valley of Weeping,
it will become a place of refreshing springs.
The autumn rains will clothe it with blessings.
They will continue to grow stronger,
and each of them will appear before God in Jerusalem.*

Continue on through the tunnel of trees. This part of the path is shaded and darker. Thank God for the times He has been with you as you walked through the Valley of Weeping.

Pause at the foot of the cross and pray:
*Jesus,
Thank You for stepping into our world,
For dwelling among us and making a way
So we might dwell with God for eternity.
Amen.*

As you continue down the hill back towards the patio, pause at one of the benches or chairs.

Read Psalm 84:10-12

*A single day in your courts
is better than a thousand anywhere else!
I would rather be a gatekeeper in the house of my God
than live the good life in the homes of the wicked.
For the Lord God is our sun and our shield.
He gives us grace and glory.
The Lord will withhold no good thing
from those who do what is right.
O Lord of Heaven's Armies,
what joy for those who trust in you.*

When do you feel closest to God? Share with your Prayer Path partner or with God.

As you continue along the Prayer Path, consider how you might draw nearer to God and become more mindful of His presence in your daily life.



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Psalm 91

Make your way down the trail to the patio. Sit in one of the blue chairs.

Read Psalm 91:1-4

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you
from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.*

Select one phrase from this passage that stands out to you today.

As you continue down the path, reflect on this phrase. Discuss it with your Prayer Path partner or with God as you walk.

As you reach the far west end of the prayer path, you'll turn back and begin weaving through a trail edged with large boulders.

Read Psalm 91:5-7

*You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.*

As you walk past the boulders, reflect on the obstacles and challenges you're facing right now. You'll also see two stumps left from trees that were cut down. What dreams or hopes have fallen or been cut down recently?



At the top of the hill, you'll reach a shaded tunnel of cedar trees. What darkness are you walking through? Discuss it with your Prayer Path partner or with God as you walk.

Make your way to the middle of the tunnel and sit on the bench facing the playground.

Pray:

God,
*Thank You for being strong when we are weak,
Steady when we are anxious,
And faithful when we are unsure.
Amen.*

Make your way to the cross. Pause at the foot of the cross and sit on the bench.

Read Psalm 91:9-16

*If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,
no harm will overtake you,
no disaster will come near your tent.
For he will command his angels concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your foot against a stone.
You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
"Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.
He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life I will satisfy him
and show him my salvation."*

Select one phrase from this passage that stands out to you today.

As you continue down the rest of the prayer path, reflect on this phrase. Discuss it with your Prayer Path partner or with God as you walk.



PRAYER PATH GUIDE



Psalm 133

Start your walk on the Prayer Path. Pause at the patio and sit in one of the blue chairs. Notice there are several chairs here and room to share this space with others.

Read Psalm 133:1

*How wonderful and pleasant it is
when brothers live together in harmony!*

Reflect: Who is someone you don't feel at harmony with right now and wish was sitting here with you today?

As you continue along the path, pray for God to bring unity and harmony to this broken relationship.

Look for insects or wildlife among the plants along the Prayer Path. Notice the variety of plants that make up this garden. Observe how wonderful and pleasant it is to see cooperation in nature. God commands us to live in unity with others, just as these diverse plants coexist in one garden.

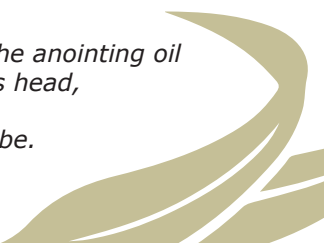
As you continue through the far west end of the prayer path, you'll begin winding through a trail edged with large boulders.

Reflect: How can we navigate obstacles to unity and disagree with grace? Share with your Prayer Path partner or with God.

Make your way to the picnic table and sit. Tables are often places where we spend time with others.

Read Psalm 133:2

*For harmony is as precious as the anointing oil
that was poured over Aaron's head,
that ran down his beard
and onto the border of his robe.*





Pray a prayer of gratitude for the harmonious relationships in your life that are precious to you.

Continue into the tunnel of cedar trees. The path is shaded here. The world can seem dark when we are not living in unity with others.

Reflect: How is disunity and conflict making your world feel darker these days? Share with your Prayer Path partner or with God.

Make your way to the foot of the cross and pause.

Pray:

*Thank you, Jesus, for forgiving my sins and extending grace. Help me to be full of grace and forgive others as I pursue greater harmony.
Amen.*

Read Psalm 133:3

*Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion.
And there the Lord has pronounced His blessing,
even life everlasting.*

Continue down the hill. You will see two orange chairs in front of a vineyard. Orange is the color of hope. Sit in one of the orange chairs.

Pray:

*God,
Thank you for reminding us that unity is a gift from you. Help me to pursue peace and harmony with others. Guide me to be a peacemaker in my home, my workplace, my community, and my church. Let my relationships reflect the beauty of your love. The Psalm mentions that harmony is "wonderful", "pleasant", "precious", and "refreshing". As you continue down the hill, pick one of these words that stands out to you.*



Reflect: How might you experience this type of harmony more often?

Share with your Prayer Path partner or with God how you intended to pursue harmony in a specific relationship this week.

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Psalm 141

Start your walk on the Prayer Path. Pause at the patio and sit in one of the blue chairs.

Read Psalm 141:1-2

*O Lord, I am calling to you. Please hurry!
Listen when I cry to you for help!
Accept my prayer as incense offered to you,
and my upraised hands as an evening offering.*

Pray: Take a moment to say a prayer for whatever is on your heart today.

Continue up the Prayer Path to the far west side. Pause to sit at one of the benches along the path.

Read Psalm 141:3-4

*Take control of what I say, O Lord,
and guard my lips.
Don't let me drift toward evil
or take part in acts of wickedness.
Don't let me share in the delicacies
of those who do wrong.*

Pray:

*God, guide my words and my ways. Help me
quiet distractions and remain on your path.
Amen.*

Proceed up the Prayer Path and pause in front of the Prayer Labyrinth facing west. See how the stones are arranged on the ground in a circular winding pattern.

Reflect: In what ways have you drifted off of God's path for you?

Follow the Prayer Path up the hill, and into the tunnel of cedar trees. This part of the path is shaded, darker than the rest of the path. Walk to the bench halfway through the tunnel of trees and pause here.



Reflect: What is pulling you away from God or tempting you to leave God's path? What are some ways you can resist temptation?

Read Psalm 141:8-10

*I look to you for help, O Sovereign Lord.
You are my refuge; don't let them kill me.
Keep me from the traps they have set for me,
from the snares of those who do wrong.
Let the wicked fall into their own nets,
but let me escape.*

Make your way to the foot of the cross and take a seat on the bench.

In Psalm 141, David prayed for protection, self-control, and safety. Jesus also modeled self-control and how we can ask God for strength and direction. On the cross, Jesus prayed, "Father, forgive them, for they do not know what they do."

Pray:

*God, forgive me, especially for the things I didn't realize were hurting me or others. Guard my heart from temptation. Help me to resemble You daily.
Amen.*

Head down the hill.

Reflect: What is one way you hope to better resemble Jesus? Share with your Prayer Path partner or with God.

As you finish the Prayer Path, discuss with God or your Prayer Path partner how you will begin to make this change.

