

BEACH WALK + PRAY

TAKE SOME TIME TO SLOW DOWN AND CONNECT WITH GOD. AS WE PRAY, THERE ARE NO RIGHT WORDS TO SAY. THIS IS ABOUT THE RELATIONSHIP, TUNING INTO GOD AND KEEPING IN STEP WITH HIS SPIRIT.

WALK

TAKE A FEW MINUTES TO WALK AND TRY TO CLEAR YOUR MIND AND BE PRESENT IN THIS MOMENT. TELL GOD YOUR INTENTIONS FOR TODAY AND/OR FOR YOUR RELATIONSHIP WITH HIM.

READ

PSALM 19:1-4

*1The heavens declare the glory of God;
the skies proclaim the work of his hands.
2Day after day they pour forth speech;
night after night they reveal knowledge.
3They have no speech, they use no words;
no sound is heard from them.
4Yet their voice goes out into all the earth,
their words to the ends of the world.*

PRAY:

PAUSE AND PONDER ON THE WORLD AROUND AND HOW IT DISPLAYS THE GLORY OF GOD. GIVE THANKS TO GOD FOR WHO HE IS AND WHAT HE'S DONE BY NAMING SPECIFIC THINGS YOU HAVE SEEN AND EXPERIENCED.

WALK

AS YOUR WALK, CONTINUE TO PRAY FOR GOD TO SHOW YOU HIS GLORY AND REVEAL HIMSELF TO YOU.

READ

CONTINUE READING PSALM 19:7-8

*The law of the Lord is perfect, refreshing the soul.
The statutes of the Lord are trustworthy, making wise the simple.
The precepts of the Lord are right, giving joy to the heart.
The commands of the Lord are radiant, giving light to the eyes.*

PRAY

CONSIDER HOW YOU NEED TO BE REFRESHED, GUIDED, AND RENEWED. ASK GOD TO REFRESH YOUR SOUL, GIVE YOU WISDOM, JOY, AND BE A LIGHT IN YOUR LIFE.

WALK

AS YOU WALK, ASK GOD TO GUIDE YOUR STEPS.

READ & PRAY

READ AND PRAY THE END OF PSALMS 19

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

PRAY THESE WORDS. CONSIDER YOUR WORDS AND YOUR HEART. PRAY THEM AGAIN.

WHAT DOES THIS MEAN FOR YOU? THINK ABOUT IT AND SHARE YOUR THOUGHTS WITH GOD.

PRAY THEM AGAIN.

GOD IS YOUR FOUNDATION AND SAVIOR.

CONSIDER ALL HE HAS DONE FOR YOU. PRAISE HIM. PRAY THESE WORDS AGAIN.