

Psalm 121 A traveller's prayer

This week's passage reminds us that God watches over us wherever we go, every step of the way. Have you ever used a step-counter to count how many steps you take in a day? You probably do more than you think!

Did you know the old way of measuring – feet and inches – originally came from people measuring distance with parts of their body? An inch was the length of an adult thumb from the tip to the first joint, a yard was the length of an outstretched arm from nose to thumb, a span was the length of your outstretched hand from thumb tip to little finger tip, and a foot was the length of... well, a foot!

This week, why not draw round your foot onto two pieces of card and then use them to measure your journey round your house in 'feet' or steps. How far to the front door? (God is with you as you go in and out) How far to the fridge? (God fills you with good things) How far to your bedroom? (God is with you as you sleep)



Praying with your school bag

**While I make sure I have all I need in my bag,
God, help me remember that I need you too.**



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Bible Reading

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1-2 I look up to the mountains;
does my strength come from mountains?
No, my strength comes from GOD,
who made heaven, and earth, and mountains.

3-4 He won't let you stumble,
your Guardian God won't fall asleep.

Not on your life! Israel's
Guardian will never doze or sleep.

5-6 GOD's your Guardian,
right at your side to protect you—
Shielding you from sunstroke,
sheltering you from moonstroke.

7-8 GOD guards you from every evil,
he guards your very life.

He guards you when you leave and when you return,

he guards you now, he guards you always. *All Scripture quotations are taken from THE MESSAGE, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.*

I wonder if there's been a time when you've felt God travelling with you?



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