



The Church of Scotland

# WALKING TOGETHER

Reflection cards for all ages

In your paths, Lord Jesus,  
We walk, our hands in yours  
As you lead us forward  
In step  
Together  
Open to you  
And your world  
For your sake



God above us –  
Trees, birds and sunshine,  
Stars and moonlight

**All – God above us**

God beneath us –  
Earth, rocks and rivers,  
Roots and caverns –

**All – God beneath us**

God around us –  
Seas, winds and cities  
Animals and people –

**All – God around us**

God within us –  
Hope tears and laughter,  
Love and wonder

**All – God within us.**

God above us,  
God beneath us,  
God around us,  
God within us,  
**All – We celebrate that  
you made us,  
You love us  
And you call us to walk  
and rest with you**

Iona Community



## LOOK AT YOUR FEET

How beautiful on the mountains are the feet  
of those who bring good news, who proclaim  
peace, who bring good news, who proclaim  
salvation, who say to Zion, "Your God reigns!"

(Isaiah 52:7)

### **Think:**

Where are your feet leading you in your life? How might we bring good news to the world around us?

### **Share:**

Share your dreams for the future with someone else

### **Pray:**

Ask God to be with you on your journey today and your journey of life



## **NOTICE THE WEATHER**

There is a time for everything and a season  
for every activity under the heavens  
(Ecclesiastes 3:1)

### **Think:**

Can you see the sun, feel the wind,  
see the clouds, feel the rain?

### **Share:**

Which 'season' or stage of life are you in?

### **Pray:**

May the Road rise to meet you, may the wind  
be always at your back, may the sun shine  
warm on your face, the rains fall soft upon your  
fields, and until we meet again may God hold  
you in the hollow of His hand



## WALKING TOGETHER

Were not our hearts burning within us while  
he talked with us on the road and opened the  
Scriptures to us?  
(Luke 24:31)

The disciples meet the risen Jesus  
on the Road to Emmaus

### **Think:**

As you walk today. Who journeys with you?  
How might you sense Jesus with you too?

### **Share:**

How you can recognise Jesus and hear  
the voice of God in your daily life?

### **Pray:**

To recognise Jesus in people you meet  
and your experiences in life



## PICK UP A STONE

The Lord is my rock, my fortress and my deliverer;  
my God is my rock, in whom I take refuge,  
my shield and my salvation  
(2 Samuel 22.3)

## Think:

What does it mean for God to be 'a rock'?

## Act:

- Imagine your stone or pebble is something that weighs heavily a challenge or a problem. Throw it away and with it your problem.
- Hold your stone as a reminder of someone.
- Make a cairn of stones that say "God is in this place"

## Pray:

Give thanks for the rocks that you see around you and for the strength of God – our rock



## SHARE FOOD

“Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?” Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted  
(John 6:9-11)

### **Share:**

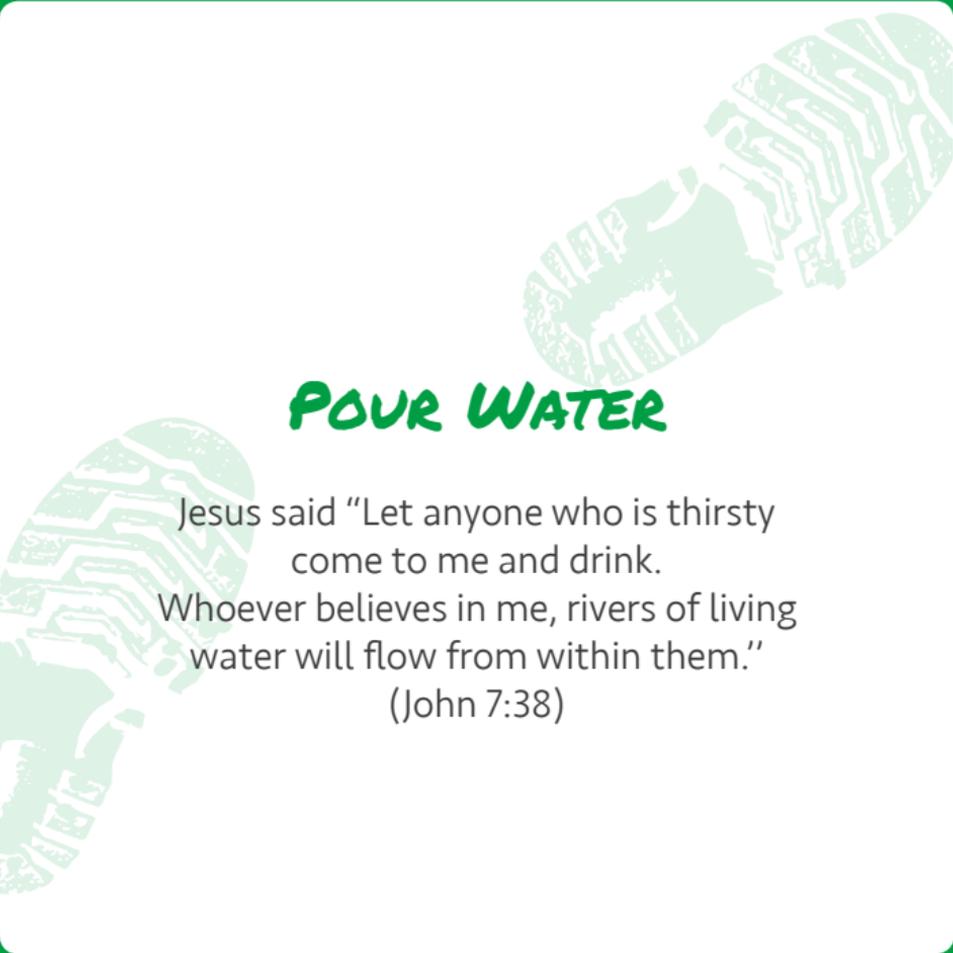
Talk about meals you have enjoyed.  
What made them special?

### **Act:**

Share some food with someone else

### **Pray:**

Thank God for providing food for you.  
Remember those who do not have enough to eat



## POUR WATER

Jesus said "Let anyone who is thirsty  
come to me and drink.

Whoever believes in me, rivers of living  
water will flow from within them."

(John 7:38)

## **Share:**

What water can you see?  
What water do you carry?  
How does this bring life?

## **Act:**

Wash your hands in some water  
or pour some over your head

## **Pray:**

Thank God for water that keeps you  
alive and helps things to grow



## **FIND A RESTING PLACE**

This is the resting place, let the weary rest  
(Isaiah 28:12)

### **Act:**

Where can you find to sit and rest?  
Enjoy some time of rest and silence here.  
What kind of place is it? What do you feel as  
you spend time in this place?

### **Share:**

How do you rest and relax in your daily life?

### **Pray:**

What might God be saying to you  
in this place and time of rest?



## LOOK AT SOMETHING THAT IS GROWING

I am the vine; you are the branches. If you remain  
in me and I in you, you will bear much fruit  
(John 15:5)

### **Think:**

Can you see anything growing?  
What helps or hinders a plant to grow?

### **Share:**

Think of yourself as a growing plant, with roots, branches and fruit. What helps you to grow as God wants you to?

### **Pray:**

Thank God for all that grows and pray  
for your own growth



## APPRECIATE A VIEW

Praise him, sun and moon;  
praise him,  
all you shining stars.

Praise him, you highest heavens  
and you waters above the skies.

Let them praise the name of the Lord,  
for at his command they were created  
(Psalm 148: 1-4)

### **Act:**

Look up and down and turn slowly in a full circle.  
Notice all the different things you can see

### **Share:**

Talk about what you see and appreciate,  
as you walk and look around

### **Pray:**

Thank God for all the wonderful things that God  
has made and what you can see around you



## LOOK FOR A LIVING CREATURE

Let everything that has breath, praise the Lord.  
Praise the Lord!  
(Psalm 150: 6)

## **Think:**

What living things might there be in this place?  
Try to imagine each and every creature that is  
breathing close by you, right now

## **Pray:**

Try this ancient 'breath prayer'.  
As you walk, breathe in and pray 'Let everything  
that has breath' then, as you slowly breathe out,  
'praise the Lord'. Repeat this for as long as you  
want on the walk. Let these words speak to you  
as you walk and breathe

# PRAYERS AT THE END OF THE JOURNEY

**Invite people to contribute a word  
for each of these areas:**

We thank you Lord for what we have seen...

We thank you Lord for what we have heard from you...

We thank you Lord for what we have shared...

---

Pilgrim God,

You are our beginning and our destination.

Journey with us, we pray, as we continue our journey of life.

May we journey on with you in love, peace, hope and joy.

And follow you with faith

May God the Father who created you, guide your footsteps,  
May God the Son who redeemed you, share your journey,  
May God the Holy Spirit who sanctifies you, lead you on  
life's journey

Church of Scotland,  
121 George Street,  
Edinburgh, EH2 4YN

 [www.facebook.com/churchofscotland](http://www.facebook.com/churchofscotland)

 [@churchscotland](https://twitter.com/churchscotland)

Scottish Charity Number: SC011353

[www.churchofscotland.org.uk](http://www.churchofscotland.org.uk)