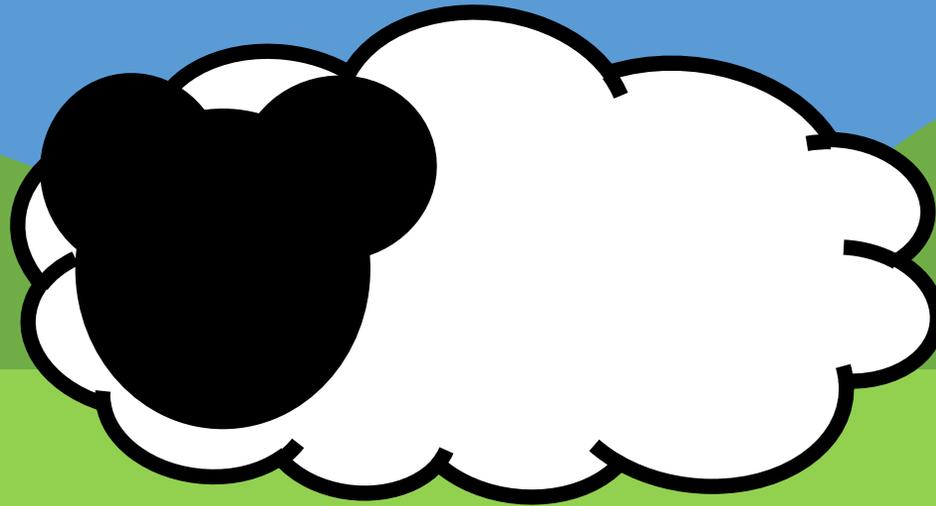


Lucie Hutson



Wandering and Wondering Through

Psalm 23



Muddy Church is not designed to be filled with activities and programmes but to enable space and pace for people to slow down and connect with the world around them, naturally.

However, as part of our Summer Picnic Party Celebrations we have included a whole pack of extra resources that offer people ways to reflect, mindfulness or for part of your plans for your group.

Every Muddy Church is different, the ideas about finding ways for you to connect with your community (the place and people) and to develop the gifts within it. So, for some people the ideas may be really helpful and for others they just would not work. That's fine! We have tried to provide a range of different types of things for a range of ages so feel free to mix, match or adapt to your individual needs.

What's in here.....

Psalm 23 Four Part Trail

Designed as a wander around an area but can also be used as individual sessions

Barefoot Wander

This can be done as a sensory walk or in bowls.

Picnic Picking

A reflection sheet

Colour Trail

Five-part trail or sessions or suitable to split into group activities and come together to share ideas.

Sheep Hunt

Nine sheep that can be used as a character hunt, reflection sheet, emotion and discussion starter

Where are you?

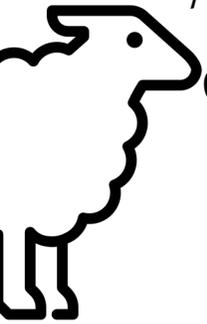
Reflection sheet on images from Psalm 23

Wondering Sheets

Several sheets with simple images and words that can be used as reflection or social media images

Craft Ideas

Simple ideas for people needing crafts to complement their groups. Aimed at using simple materials or recycled rather than plastic and purchased.



Psalm 23

The LORD is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil;

my cup overflows.

Surely your goodness and love will follow me all the days of my
life,

and I will dwell in the house of the LORD forever.

The Muddy Church Psalm 23
is a four-part trail.



The trail can be set up around a set space such as a garden, park, estate or in shop windows. Please ensure you have permission and abide by distancing regulations.

It takes a familiar passage and looks at four ideas within it, however, there are many ideas within the passage that may connect with people. So, allow people space and time to wonder and it's fine to move on as you want - you don't have to complete each section.

This Psalm may remind people of special moment in their life and so offers a wonderful space for sharing stories.



The sheets can also be used individually or to follow as part of four sessions. Each holds enough within itself for a wonder-filled wander.

The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

I wonder if you can see anything in need?

What things are green?

Can you see water anywhere?

Can you hear stillness?

I wonder if God is ever still?



Can you see
where any
animals have
been?



Can you see dark places?

He guides me along the right paths for
his name's sake.

Even though I walk through the
darkest valley,
I will fear no evil,
for you are with me;

your rod and your staff,
they comfort me.

What pathways
can you see?



I wonder if you can see where
others have walked?



I wonder if you can see God's footprints?



Where are things overflowing?



You are invited!

You prepare a table before
me in the presence of my
enemies.

You anoint my head with oil;
my cup overflows.



Can you see a feast
anywhere?

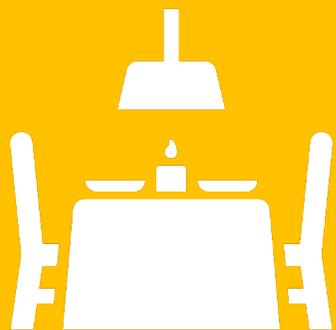


Can you see things
that are chosen or
special?



What food can you see?

I wonder if you feel invited into this space?

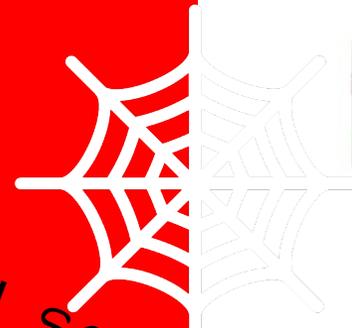




Where do you see love?



Can you see any homes?

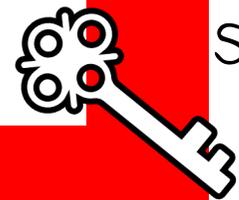


I wonder what God's house looks like?



Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the LORD forever.



Where can you see old things?

Can you see where you began?

Psalm 23



The LORD is my shepherd, I lack nothing.



He makes me lie down in green pastures



he leads me beside quiet waters, he refreshes my soul.



He guides me along the right paths for his name's sake



Even though I walk through the darkest valley



I will fear no evil, for you are with me; your rod and your staff, they comfort me.



You prepare a table before me in the presence of my enemies.



You anoint my head with oil; my cup overflows.



Surely your goodness and love will follow me all the days of my life,



and I will dwell in the house of the LORD forever

This is designed as a sensory or barefoot walk. It could be set out over an area with areas focused within branch frames or it could be small boxes that can be touched or held.



Barefoot Wander

The Barefoot Wander is a sensory walk that can be done using trays, spaces or on tables using hands rather than feet. Each space offers wondering questions connected to a natural material.

Psalm 23

The LORD is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil;

my cup overflows.

Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the LORD forever.

This can be to feel with feet or fingers and can be tangled or invite people to break a piece of wool from a ball to take with them.



Barefoot Wander



Wool or cotton.

*As you hold or feel the
wool what thoughts,
attitudes or feelings do
you need to untangle
and leave at this space?*

The LORD is my shepherd, I lack nothing.

I wonder where you imagine the grass to be?
What would the weather be like?

Barefoot Wander



Grass

As you stand in the
grass take deep
breaths and invite the
God of Peace into your
space.

He makes me lie down
in green pastures,

Feel the water, is it cool or warm?



Barefoot Wander

Water

What do quiet waters
feel like?

Allow God to cleanse
and refresh you.

he leads me beside quiet waters,

Trace a pattern in the sand or look at your footprint.

Barefoot Wander



Sand

I wonder if you can see
God's footprints in your
life?

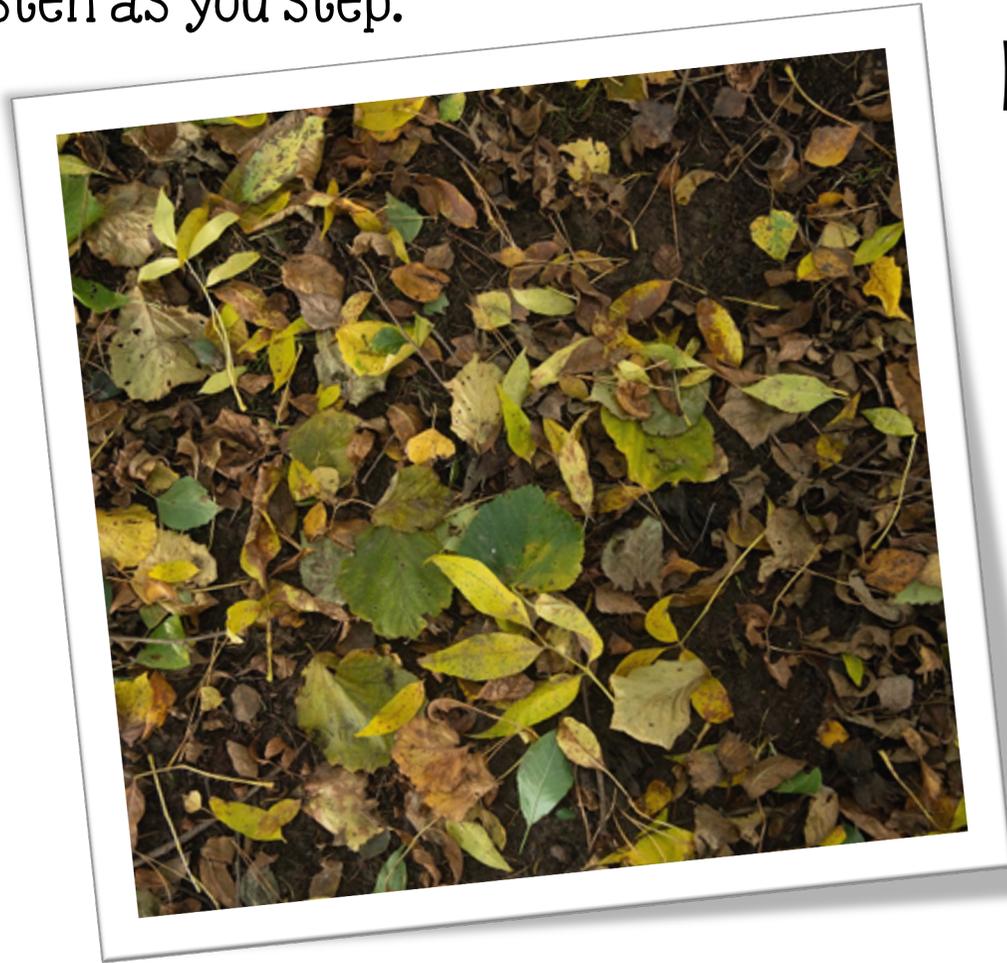


I wonder what pathways are
in your life?



He guides me along the right paths
for his name's sake.

Listen as you step.



Barefoot Wander

Leaves

*I wonder if the leaves
feel uncomfortable?*

*I wonder if the leaves
have life?*



Even though I walk through the darkest valley,
I will fear no evil, for you are with me;



Barefoot Wander

Sticks

*I wonder how sticks
could bring comfort?*



*I wonder if the sticks
feel differently under
your feet to in your
hand?*



Your rod and your staff,
they comfort me.

Barefoot Wander



Pause and share something to eat.



I wonder how it feels to be invited to eat somewhere special?

I wonder if there are people you need to restore relationships with?



You prepare a table before me
in the presence of my enemies

I wonder what you are chosen for?



Barefoot Wander



Oil

How does the oil feel now and when you leave the moment?

Anointing was used as a way to show someone was chosen, special, important.
I wonder in what ways you are special?



Muddy
Church

You anoint my head with oil

Barefoot Wander

Water

Pour the water to overflowing
I wonder how full overflowing is,
can you fit any more in?

How does it feel to
have more than is
needed?

I wonder where your life is
overflowing?

My cup overflows...



Barefoot Wander

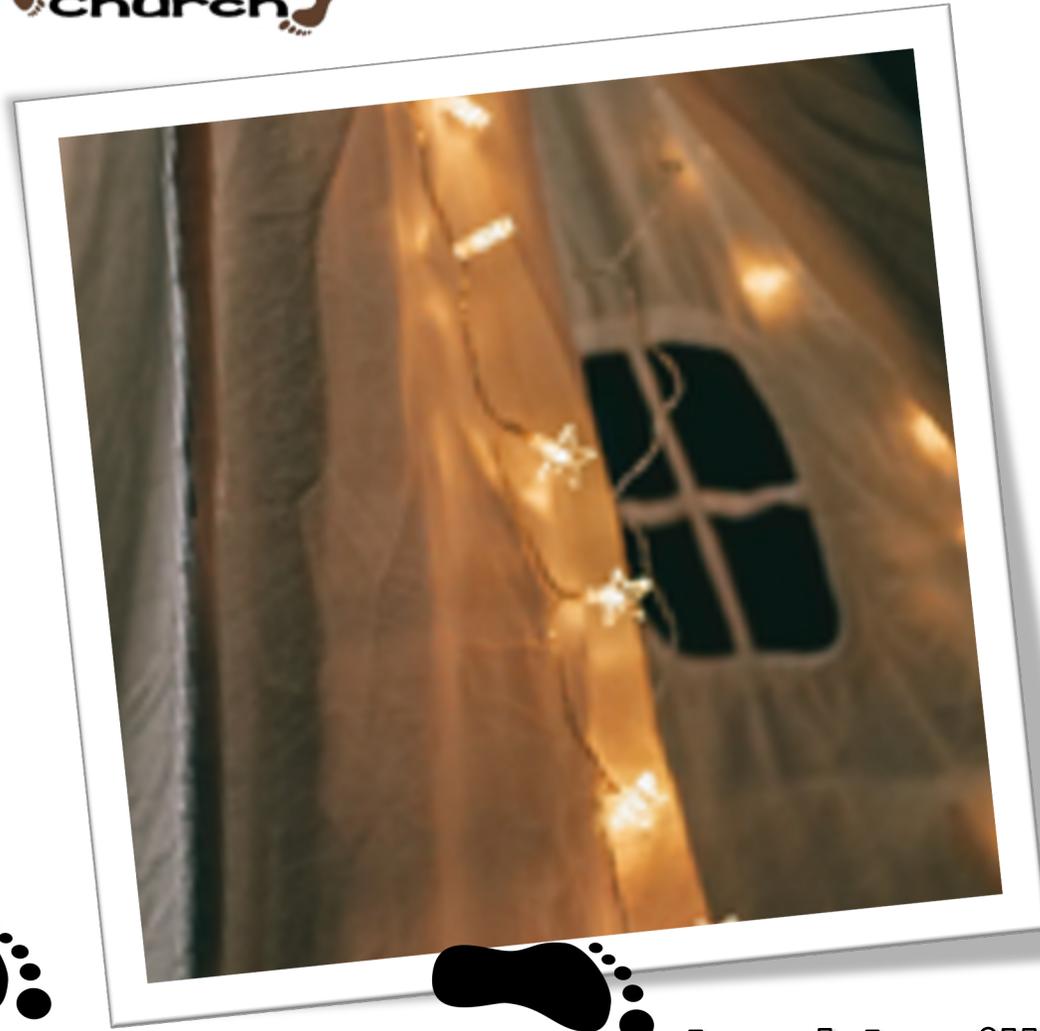
Reflection

Looking back on the wander
what do you see, remember,
feel?

Where can you see
goodness and mercy in
your life?

Surely goodness and mercy will
follow me all the days of my life





Barefoot Wander

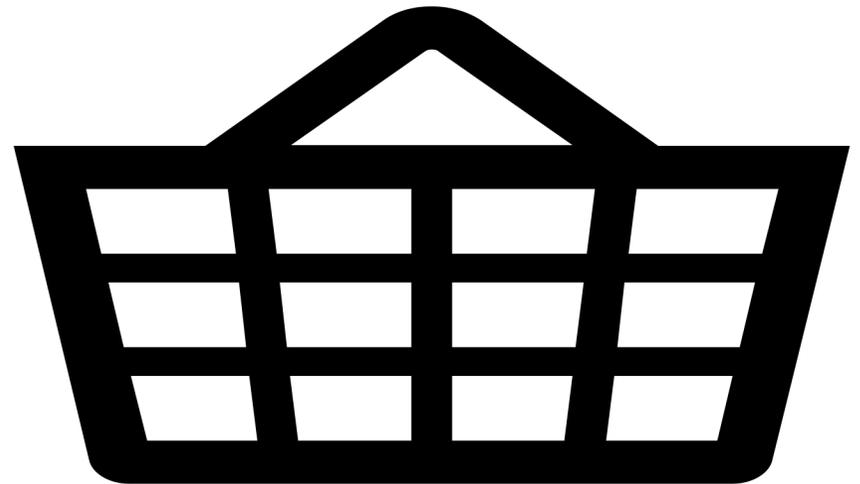
Take a moment to pause
and dwell

How does it feel to be
sheltered?

And I will dwell in the house of
the Lord all the days of my life.

Picnic Picking

Not everyone may be able to have an actual picnic, or your setting may mean that it is limited. This sheet is designed to start and build around the idea of a picnic, for discussion, fun and chatting. Your picnic may have the craziest mix of foods on it or there might be something special to you that is missing. Share together in the question, searching, wondering and sharing.



What would
you have to
eat at a
picnic?



COLOUR trail

The Colour Trail offers a super simple activity trail that is great for anyone new to Muddy Church, toddler groups or within schools. The sheets can be placed in different points around your space or each one used as a session. These are designed to give less leading wondering questions but to introduce people to ways of connecting and thinking about the space around them. Each one follows the same sensory format with space to complete and find items.

The sheets could also be used with older children or young people in teams to see who can bring back five items and then to enter into the wondering ideas. The items could be photos or actual items.

Young people have a desperate need to connect to nature for their well-being and sense of belonging and so simple activities like this can begin the action of noticing things around them. People often believe that young people aren't interested in engaging in activities outside but that is often not seen in reality. Developing sessions or groups that begin to explore the environment, community and group can be really important for young people's holistic well-being.

I wonder how green smells?



I wonder how green feels?

GREEN

"He makes me lie down in green pastures...."

Green could be for GO



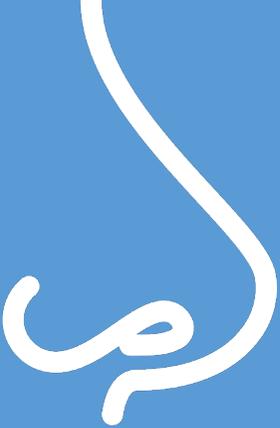
Or it could be for GROW



I wonder what it makes you think of?

Can you find 5 green things?





I wonder how blue smells?



I wonder how blue feels?



What needs water?

BLUE

"He leads me beside still waters...."

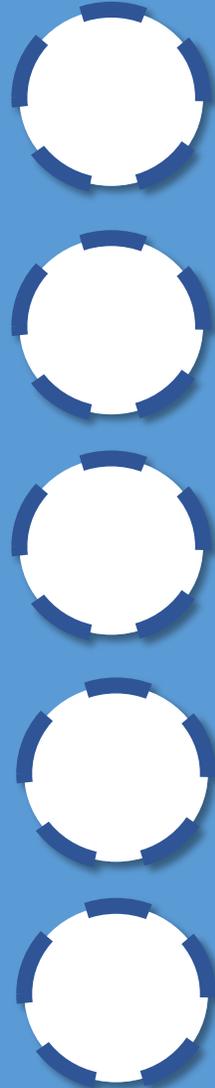


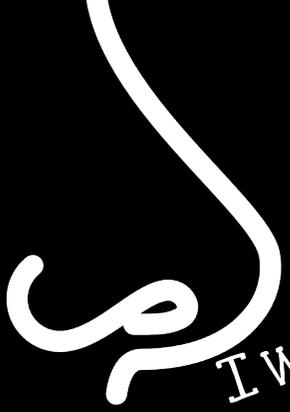
I wonder what blue makes you think of?

Can you see water anywhere?



Can you find 5 blue things?





I wonder how darkness smells?



I wonder how darkness feels?



Where is darkness?

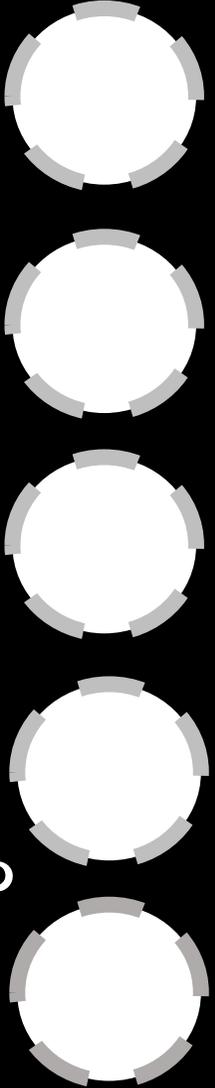


I wonder what darkness makes you think of?

What helps when you feel afraid?

DARK

Can you find 5 things or places that are dark?





What is special about you?

I wonder how yellow smells?

I wonder how yellow feels?

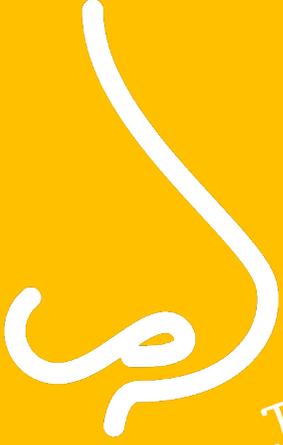
YELLOW

What is special about this place?

I wonder what yellow makes you think of?

Can you see anything that looks like a crown?

Can you find 5 yellow things?



I wonder what is your favourite colour?

I wonder how colours feel?

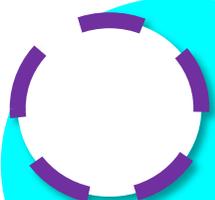
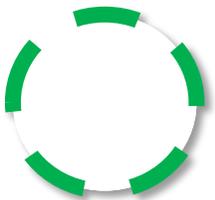


COLOURS

Can you see a rainbow anywhere?

I wonder what rainbows make you think of?

Can you find 5 multi coloured things?



Sheep Hunt

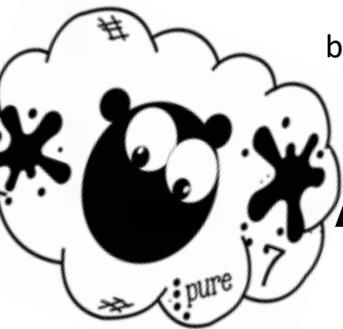


The idea of the Good Shepherd is key to this Psalm but also obviously links to Jesus and stories in the New Testament as well. The nine Sheep Sheets offer a variety of uses for you.

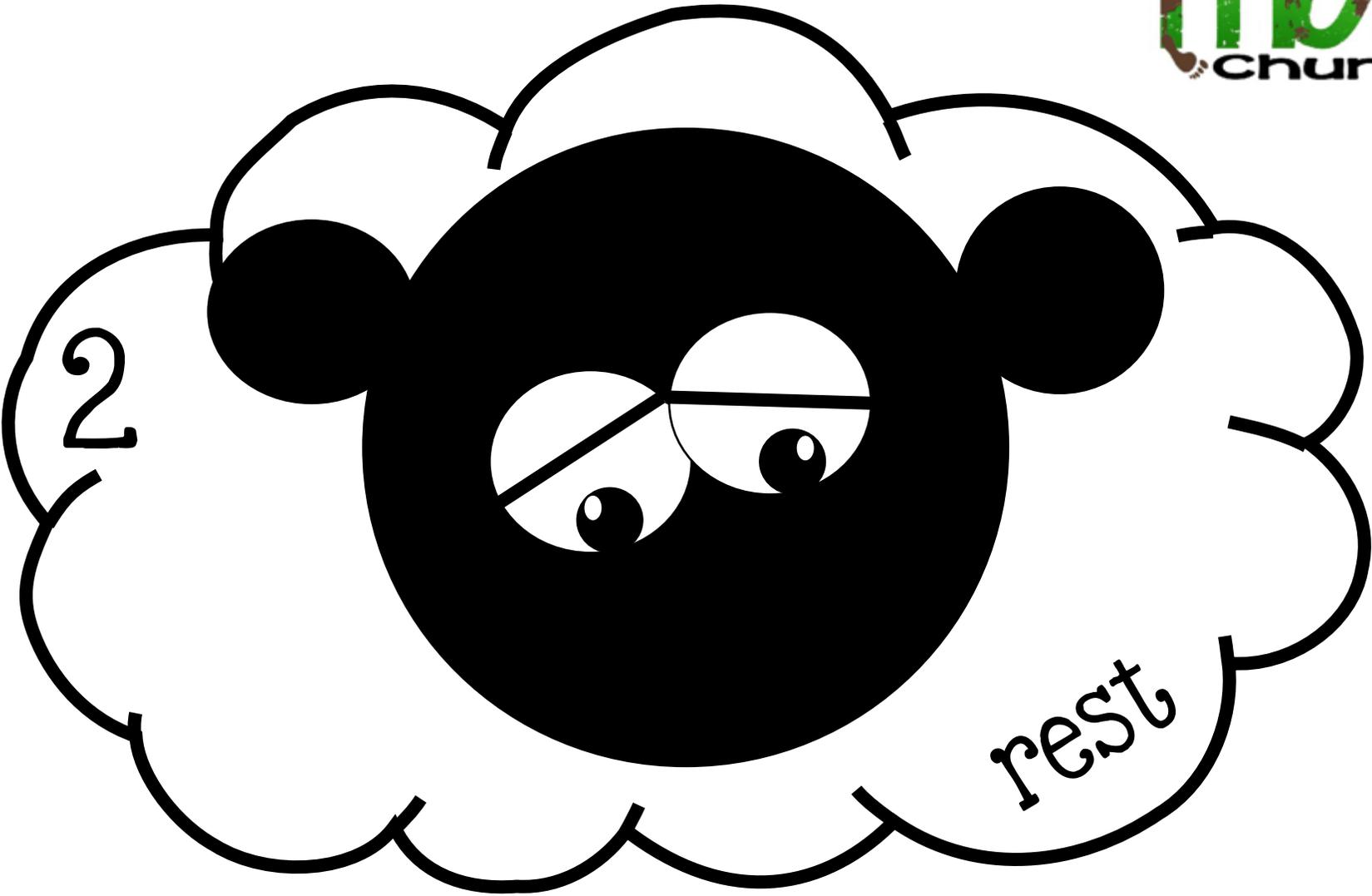
There are nine and not ten sheep – so you can share a wondering question – “I wonder where the other sheep is?”

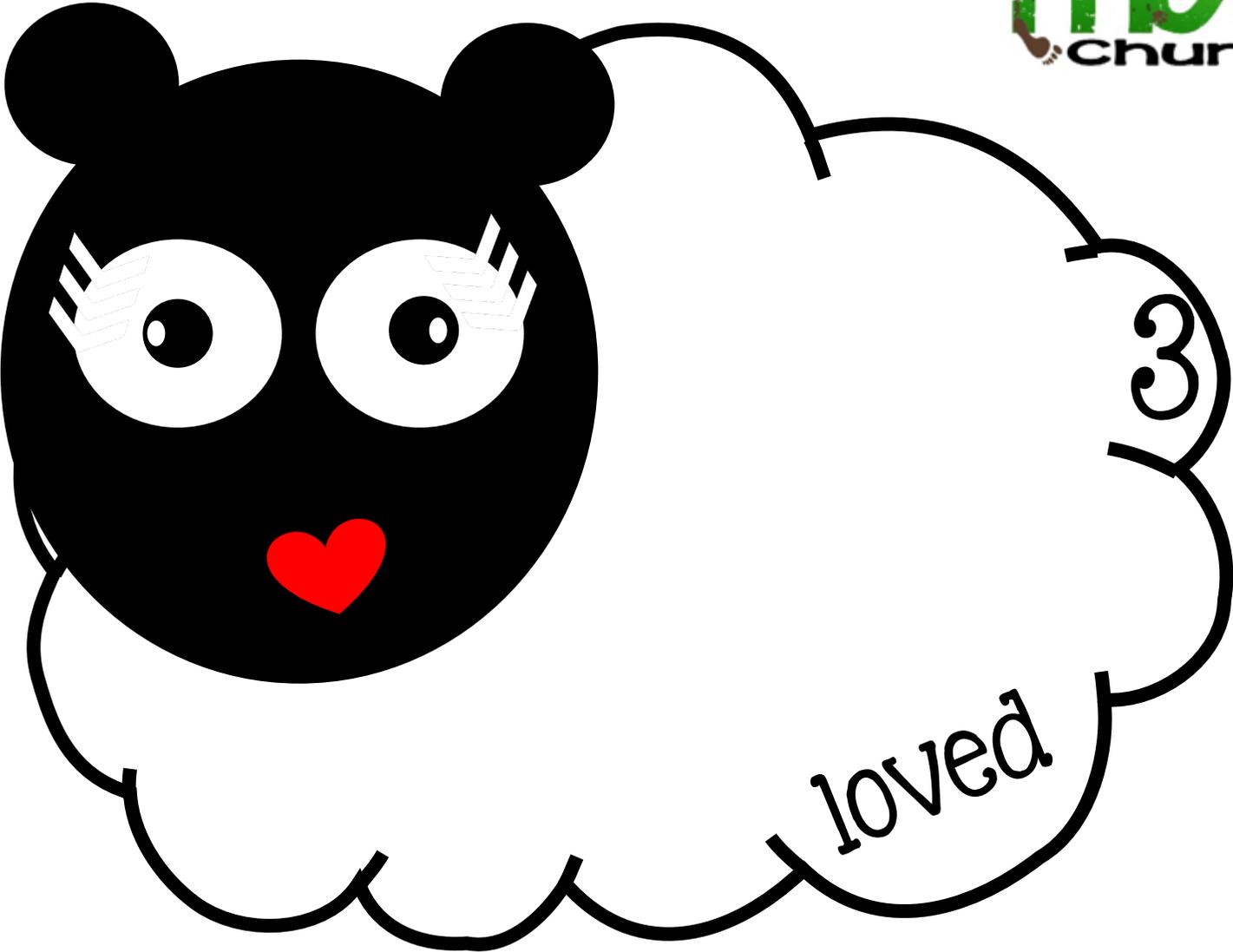
They all have a word on them, these can be used to reflect on how the sheep may feel that way and how we may feel like that. You could invite people to find the sheep that they need the most or which one they like the best (I wonder which sheep you relate most to?)

The sheep pictures can be put on the floor or hidden as part of a trail, you could always use soft toys instead of the pictures for some fun. People can find the sheep and then bring them back to a gathering point. I wonder how the sheep feel when they return home?





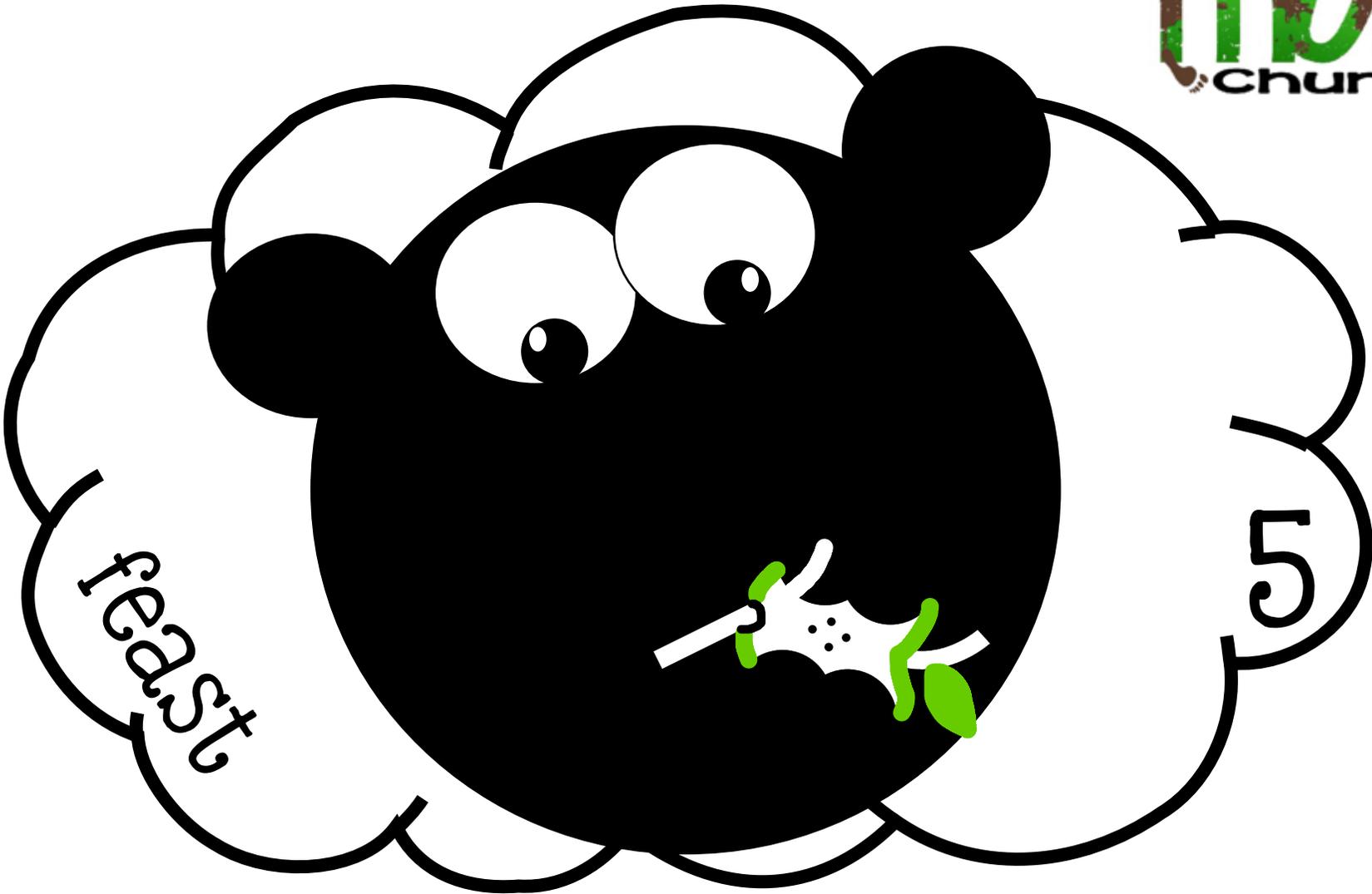


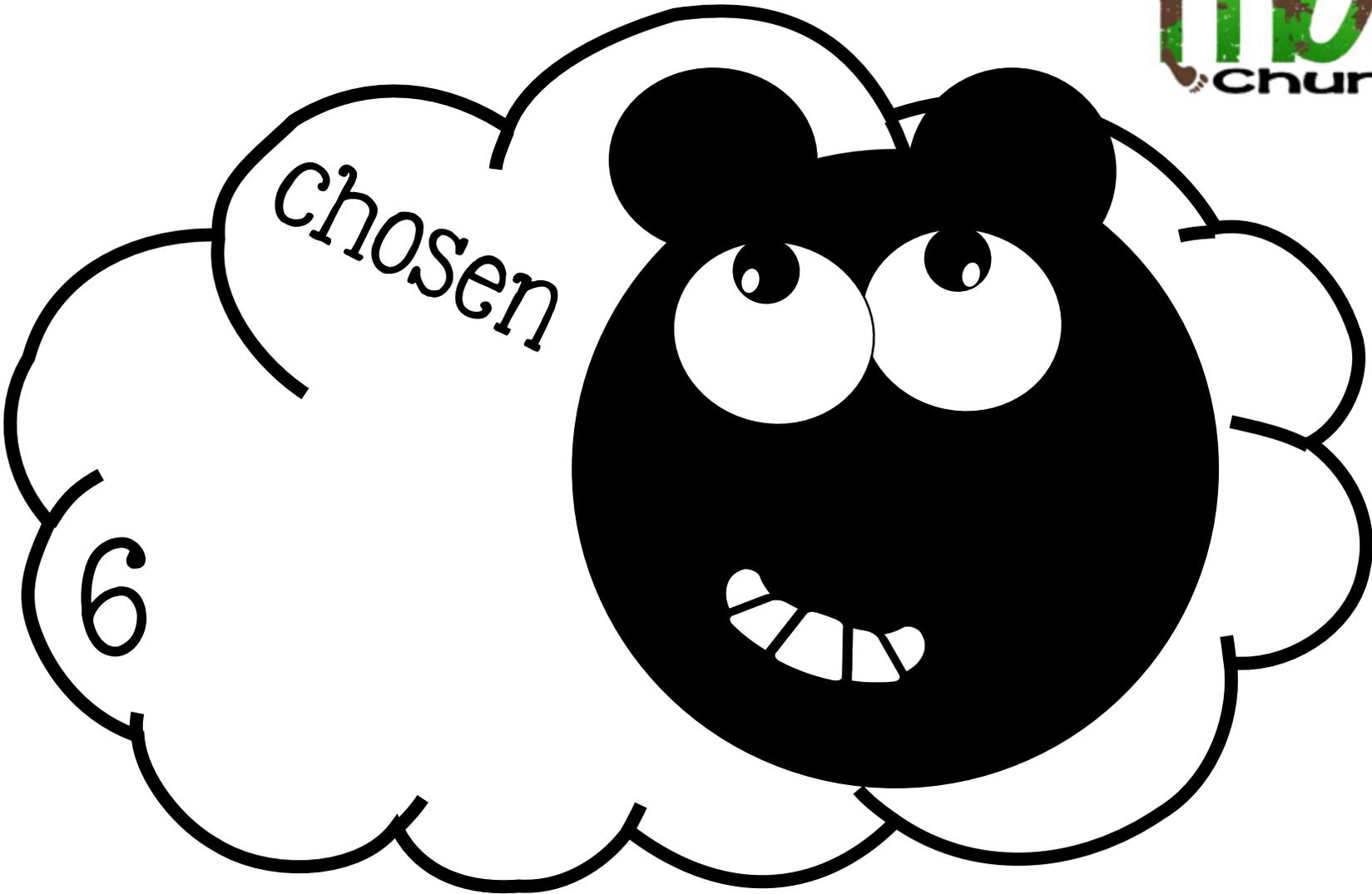


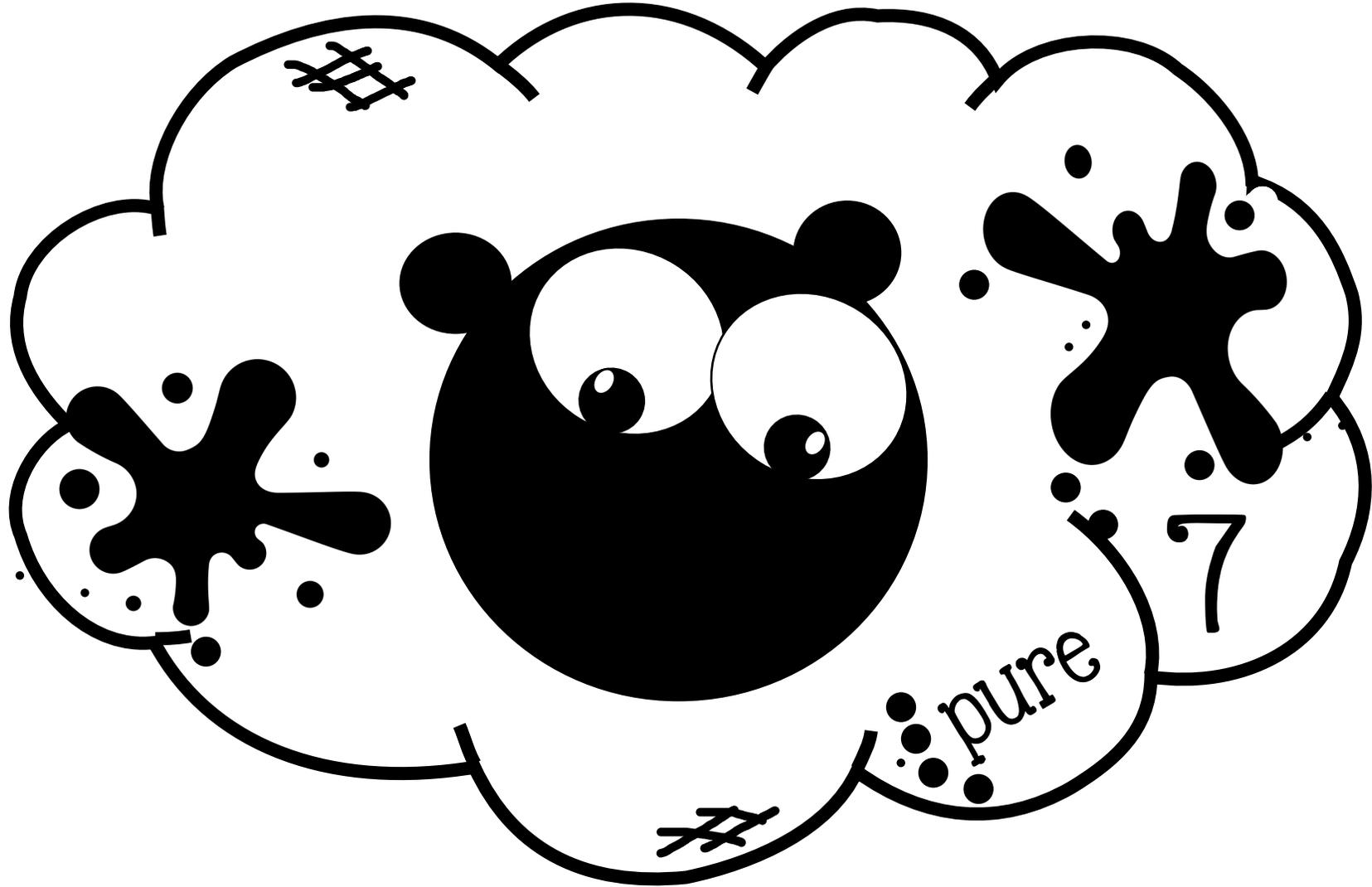
adventure

4













welcomed

9

I wonder where you are in the story?

A large image sheet or individual sheets that can be used to reflect as wondering ideas.

The picture has a range of images on it which some people may feel connect to the Psalm. If you have any wooden peg dolls you could invite people to add theirs to the big picture.

Using the individual sheets people can draw on or add to the image. This can also be used as a starting sheet and then a reflection at the end. I wonder where you are at the start of the wander and where you are at the end? I wonder if you have moved?

This could be used around a dinner table or small group to wonder about where we are and how we are feeling.

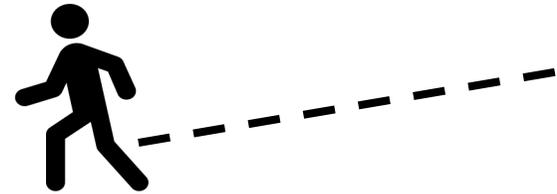




Where are you?

Take a look at the picture. You might see things that remind you of Psalm 23.

Where might you be in the picture?



You could draw other things in.



Wondering Sheets

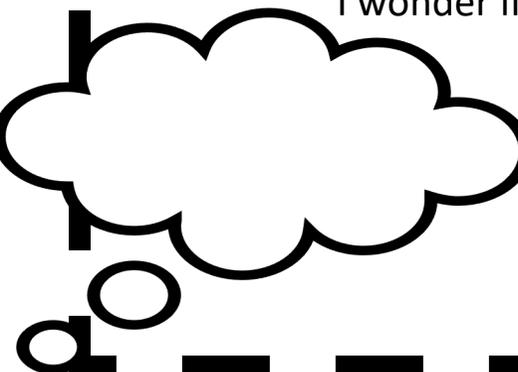
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Using the individual sheets people can draw on or add to the image. This can also be used as a starting sheet and then a reflection at the end. I wonder where you are at the start of the wander and where you are at the end?

I wonder if you have moved?



These could be used around a dinner table or small group to wonder about where we are and how we are feeling.

I wonder if the shepherd is happy with the flock?

He tends his flock like a shepherd:
He gathers the lambs in his arms and carries
them close to his heart;
he gently leads those that have young.
Isaiah 40:11

I wonder if the lamb can
hear the shepherd's
heartbeat?

I wonder how it feels to be carried by the shepherd?



HE MAKES ME LIE
DOWN IN



GREEN
PASTURES



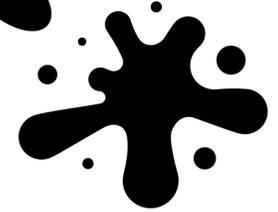
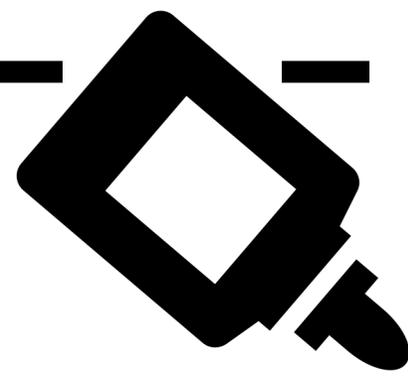
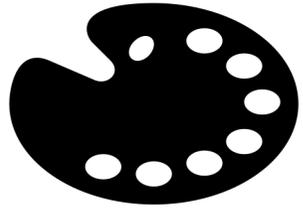


HE LEADS ME
beside the still waters

MY CUP OVERFLOWS



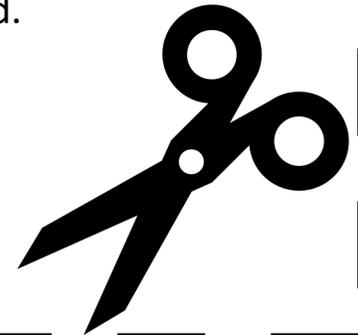
WILDERNESS
DO NOT FEAR



Craft Ideas

We hope that Muddy Church encourages people that they don't need to buy a lot of resources and certainly to avoid plastics and wastefulness. However, we also are aware that for some people making an item is helpful to their mindfulness and reflection and gives something for afterwards to prompt connection to the session.

So there are a few ideas around the themes in Psalm 23 that can be done by all ages and hopefully use minimal items that would need to be found rather than discovered.





Felt Sheep Mobile

Find a longish stick as the base

Add some various lengths of black wool, string or whatever you have.

Using some natural wool form a ball by rolling in your hand or fingers

Add do this some black yarn or felt for the heads and legs

If you have a smaller group everybody could add their sheep to the mobile (or a tree) or a family could add each person's sheep.

If you don't have natural wool you could make pom pom sheep instead.

I wonder what makes you feel like you belong?

Threading Sheep

These lovely wooden forms are available from Etsy (not my shop!) But you could do the same idea using stiff cardboard such as recycling a box.

Cut out the sheep template (whatever size works for you). Add random holes using a hole punch.

Using any yarn – even some ends and random pieces, thread through holes in the cardboard.

Think about the patterns forming, how the shape is changing as things are added.

I wonder what people see on the outside of who you are?





Wrapped Sheep

A super simple mindful activity is wrapping yarn around a form.

Using the sheep template (or your own). Cut this out.

Have some offcuts of wool that people can use or the wool from the Barefoot Walk.

Invite people to wrap it around their sheep and to think about the Psalm as they do this.

You can also invite people to add things from their wander threaded into the sheep.

I wonder what part of the Psalm connected with you today?





Sheep Rings

These lovely sheep can be made from curtain rings or cardboard hoops.

Print out Psalm 23 to add to the background

Add a simple face and eyes as you want.



Simple Cupcakes

To have a feast for everyone to enjoy you could make some sheep cupcakes.

White frosting with some fondant details or mini-marshmallows make a fun feast!



Psalm Garden

Similar to an Easter Garden create a space to reflect on Psalm 23 – you can use a box or a tray as the base.

The Barefoot Walk items might be a good starting place to add to it – an area with grass, water, rocks.

It's great fun to get your hands dirty but also offers the chance to reflect on the textures, smells, sensations.

I wonder where you would grow the most?



COLOUR

If you are doing the Colour Trail you could cut out cardboard hearts to add items from different colour to as you follow the trail.



Muddy Church encourages people to 'wander and wonder' in the local community to connect with God, nature and each other.

This book is designed to be used – remove the pages, adapt, take and remake to be useful in your community. The book contains four trails, sessions, crafts and reflection sheets suitable for all ages and settings.

For more resources and ideas see www.muddychurch.co.uk



Lucie Hutson is a theological teacher and trainer offering fresh approaches to mission and working in the community. Lucie is the founder of Muddy Church

Having lived in the UK and overseas Lucie understands the challenges of engaging diverse cultures and people together. Through her work and studies Lucie has explored creative intergenerational ideas that connect beyond church walls and bring acceptance, value and voice to individuals.