

Holy Spirit Walks Scripture Suggestions

Before you walk anywhere, you must consider the weather, consider the terrain. What preparations must you make to walk in sun, heat, rain, or darkness? Do you feel differently based on the weather? Consider the terrain and how it engages all your senses. What is the landscape you will see as you walk? Will you hear the sounds of birds, animals or running water? Will you smell the earth, flowers, pollen, cut grass, or the ocean? Will you feel the warmth of the sun or the wetness of rain? Will your path be smooth to tread or rough underfoot? What are the obstacles you might encounter? What are the aspects of the landscape that you look forward to seeing, hearing, smelling?

And what is the weather, the terrain, of your soul? Are you at peace like a summer morning or a snow-covered landscape, are you as angry as thunderstorm, desolate as a windswept hill, or tumultuous as a stormy ocean?

The following scripture verses can be used individually or in any combination as a means of reflection as you walk.

Getting Started

To start your walk and to orient your journey toward God, use one of the following scriptural passages to call upon God and name God as the source of all that you will encounter.

Amos 5:8

⁸The one who made the Pleiades and Orion,
and turns deep darkness into the morning,
and darkens the day into night,
who calls for the waters of the sea,
and pours them out on the surface of the earth,
the LORD is his name.

Jeremiah 10:12-13

¹²It is he who made the earth by his power,
who established the world by his wisdom,
and by his understanding stretched out the heavens.
¹³When he utters his voice, there is a tumult of waters in the heavens,
and he makes the mist rise from the ends of the earth.
He makes lightnings for the rain,
and he brings out the wind from his storehouses.

Psalms 24:1-3

¹The earth is the LORD's and all that is in it,
the world, and those who live in it;

² for he has founded it on the seas,
and established it on the rivers.
³ Who shall ascend the hill of the LORD?
And who shall stand in his holy place?

“For everything there is a season...”

We use the seasons to orient our lives in the great flow of time. We observe the changing of the seasons in nature, the fall leaves, the riotous spring blooms, the summer fecundity, the ice and sparseness of winter.

As we walk, season after season, we often reflect on the seasons in our own life. What season of your life are you in? What are its markers? What is passing or has passed that you mourn? What is about to bloom that you anticipate with hope and joy? As you read the words from Ecclesiastes, reflect on your present season of life and its markers.

[Ecclesiastes 3:1-8](#)

3 For everything there is a season, and a time for every matter under heaven:

² a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
³ a time to kill, and a time to heal;
a time to break down, and a time to build up;
⁴ a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
⁵ a time to throw away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
⁶ a time to seek, and a time to lose;
a time to keep, and a time to throw away;
⁷ a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
⁸ a time to love, and a time to hate;
a time for war, and a time for peace.

“When I find myself in times of trouble...”

Use your time walking to share with God the things that are troubling you. As you move, feel the presence of God with you and in the world around you. Feel God’s presence moving with you through even your deepest troubles, guiding your next steps, accompanying and propelling you forward.

If you are walking in Pittsburgh, you should have no trouble lifting your eyes to hills! Wherever you are, whatever the topography, look up. Look to the sky. Look to the tree line. Look to the hills. Know that your help is in the Lord.

Psalm 121

- ¹ I lift up my eyes to the hills—
from where will my help come?
- ² My help comes from the LORD,
who made heaven and earth.
- ³ He will not let your foot be moved;
he who keeps you will not slumber.
- ⁴ He who keeps Israel
will neither slumber nor sleep.
- ⁵ The LORD is your keeper;
the LORD is your shade at your right hand.
- ⁶ The sun shall not strike you by day,
nor the moon by night.
- ⁷ The LORD will keep you from all evil;
he will keep your life.
- ⁸ The LORD will keep
your going out and your coming in
from this time on and forevermore.

Look to God's creatures

In all that God made, God saw that it was good. As you walk, look for the presence of God's creatures. Think of their lives, guided by instinctual purpose. They are what God has made them to be. Remember that you, too, are who God has made you to be, in all your experiences, flaws, joys, concerns and wonders. What are the worries that distract you from your purpose under God? How can you more fully live into being the person God made you to be?

Job 12:7-10

- ⁷ "But ask the animals, and they will teach you;
the birds of the air, and they will tell you;
- ⁸ ask the plants of the earth,^[a] and they will teach you;
and the fish of the sea will declare to you.
- ⁹ Who among all these does not know
that the hand of the LORD has done this?
- ¹⁰ In his hand is the life of every living thing
and the breath of every human being.

Luke 12:22-30

²² He said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! ²⁵ And can any of you by worrying add a single hour to your span of life?[Ⓜ] ²⁶ If then you are not able to do so small a thing as that, why do you worry about the rest? ²⁷ Consider the lilies, how they grow: they neither toil nor spin;[Ⓜ] yet I tell you, even Solomon in all his glory was not clothed like one of these. ²⁸ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! ²⁹ And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. ³⁰ For it is the nations of the world that strive after all these things, and your Father knows that you need them. ³¹ Instead, strive for his[Ⓜ] kingdom, and these things will be given to you as well.

In Conclusion with joy and thanksgiving

Hopefully a Holy Spirit Walk will lift or sooth your spirit and you will find peace and rejuvenation. But even if all you feel is tired or out of breath, try to end with an expression of joy and praise.

Psalm 96:1-3; 11-13a

- ¹ O sing to the LORD a new song;
sing to the LORD, all the earth.
- ² Sing to the LORD, bless his name;
tell of his salvation from day to day.
- ³ Declare his glory among the nations,
his marvelous works among all the peoples.
- ¹¹ Let the heavens be glad, and let the earth rejoice;
let the sea roar, and all that fills it;
- ¹² let the field exult, and everything in it.
Then shall all the trees of the forest sing for joy
- ¹³ before the LORD

Psalm 148

- ¹ Praise the LORD!
Praise the LORD from the heavens;

praise him in the heights!
² Praise him, all his angels;
praise him, all his host!
³ Praise him, sun and moon;
praise him, all you shining stars!
⁴ Praise him, you highest heavens,
and you waters above the heavens!
⁵ Let them praise the name of the LORD,
for he commanded and they were created.
⁶ He established them forever and ever;
he fixed their bounds, which cannot be passed.^[a]
⁷ Praise the LORD from the earth,
you sea monsters and all deeps,
⁸ fire and hail, snow and frost,
stormy wind fulfilling his command!
⁹ Mountains and all hills,
fruit trees and all cedars!
¹⁰ Wild animals and all cattle,
creeping things and flying birds!
¹¹ Kings of the earth and all peoples,
princes and all rulers of the earth!
¹² Young men and women alike,
old and young together!
¹³ Let them praise the name of the LORD,
for his name alone is exalted;
his glory is above earth and heaven.
¹⁴ He has raised up a horn for his people,
praise for all his faithful,
for the people of Israel who are close to him.
Praise the LORD!