



Walking with God: Walk like a Deer

"The Lord God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills." Habakkuk 3:19

In his book in the Bible, the Prophet Habakkuk feels distressed about the wickedness and sinful nature of his people, the Judeans. He asks the Lord "how long" He will make him "look upon misery and ungodliness", but when he receives God's answer, Habakkuk struggles to understand it. Throughout his writing Habakkuk feels confused and frustrated but eventually he arrives to a place of peace and trust in God as he says, "The Lord God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills." Have you ever seen a deer take off through the woods or a field? They are graceful as they leap and bound away, as deer are sure-footed animals, meaning they rarely stumble or fall. Deer can even climb rocky steep cliffs with seemingly no trouble at all. Whenever we feel scared or sad, like Habakkuk, we can rest in our sure-footedness in the Lord, as He is always there to guide us on our path if we turn to Him! When the world feels overwhelming, stressful, or frustrating let's try to remember to redirect our attention to God so He can help us "walk on [the] high hills" above our worldly troubles.

Spot the Deer Challenge: Try to walk in an area with wildlife this week and see if you can spot any deer along the way. Talk together about times when you felt discouraged or scared and how you found your footing again with God's help.

Craft Idea: Gather foliage along the walk and when you get home, construct a deer out of the materials you found and write out Habbakkuk 3:19 on the page.

