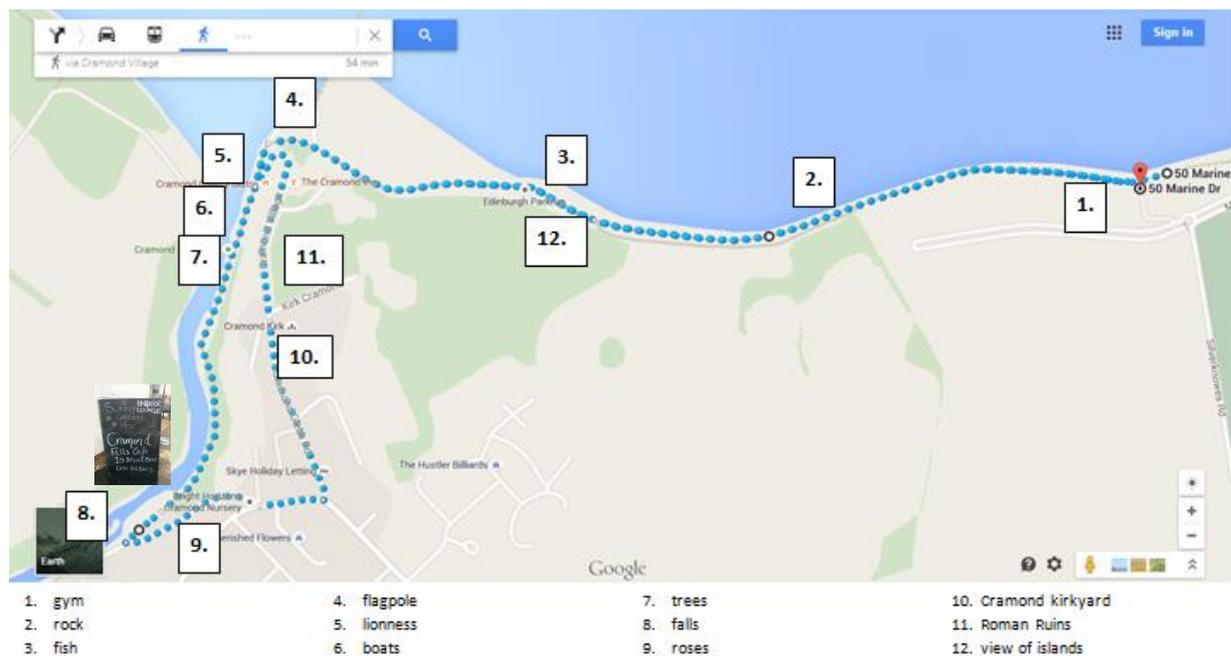


Walk and Talk around Cramond

All of the following is just a suggestion- feel free to do as much or as little as you wish!

At a good pace and not stopping for refreshments- this loop takes around an hour, but do it at your own pace.

Those with children may wish to not do the full loop but to return by the water, as the point from the falls upwards to the kirk is around a road and there are roadworks on the pavement so it is not suitable for buggies.



Know who brought you and who is taking you home! Swap mobile numbers with those in your car- don't leave without them unless you have agreed to do so!

1. The gym



The outdoor gym equipment is designed to help people get fitter. Physical fitness is about being able to keep going longer. Think about how you could improve your spiritual fitness- what helps

you stick with God when you'd like to give up? **Ask God to improve your spiritual fitness.**

Keep walking along to the point where the path splits in two. a short way along this split path, there is a large rock in the middle of the grass that splits the two.

2. The rock



When we call someone a rock, it means that they are solid and dependable. So it might have surprised people when Jesus called his friend Simon Peter the rock on which he would build his church. After all

Simon Peter was the one who would act first and think second. He's the one who wanted to walk on water, and then sank. He's the one who denied Jesus 3 times. But God can act through our weaknesses and bring out strength from it. **Is there a weakness that you'd like God to strengthen?**

further along the path down some steps to your right there's a giant pink granite fish

3. The Fish



Simon Peter was a fisherman. When he first met Jesus he had been fishing all day and had caught nothing. This was the thing that he was best at, and he was failing. Jesus told him to throw his net over onto the other side, which really

shouldn't have made any difference but when he did, they 100s of

fish. **What talents or strengths do you have? Next time you're doing it, invite God to be with you in it, to teach you through it.**

Keep going along the path til you hit the river! The flagpole is on your right in the circle.

4. The Flagpole



Flags communicate information non-verbally to those passing- **If actions speak louder than words, what messages does your life and your actions communicate?**

[There are public toilets behind you just up on the grass. The Cramond Bistro just round the corner and has refreshments for sale]

follow the path alongside the harbour—about half way along the harbour is a sign about the stone lioness

5. Stone Lioness sign



The sign tells you about the surprising thing they found amongst the mud and silt in the river.

“People look at the outward appearance, but the LORD looks at the heart.” 1 Samuel 16:7 God can see the strength and power and potential in us,

the things that others don't see. The Bible is full of God picking seemingly unlikely people. **God sees you as special, and as wonderful; no matter how dull, boring and unlovable you think you are God dotes on you as a loving parent. Think on this as you walk on.**

Walk up to the end of the harbour and look back at all the boats in the harbour

6. Boats



Boats were Simon Peter's comfort zone. It was his trade, what he knew well. After Jesus's death the disciples were distraught, and retreated to their comfort zones. Again Jesus appear to them and tells them to throw their nets on the other side and they realise it is him.

Our comfort zones can be beneficial and they can be a hinderance- we can hide in them afraid of change. Jesus called out to the disciples and encouraged them to go on- to start a new life being a community of believers who weren't afraid of sharing what they believed in. **What could Jesus be calling you out of your comfort zone to do?**

Here the nature of the walk changes as you enter the woods

7. Trees



there is a change in the walk environment here.

**What changes have you been through in your life?
How have these changes affected how you see
God?**

*as you come out of the trees the path sweeps off to
your right following the river- follow the sound of
the water*

[but if you stay left there's a café here- you may wish to stop for a refreshment! **This is also the point that you may wish to return the way you've come rather than continue up the road to the left]**

8. Falls



Water is such a special resource. It hydrates us, it refreshes us, it washes us and it can be so beautiful. Jesus talks about knowing God as being like having living water inside of you.

Watch the water spill over the rocks, listen to its noise. Take a moment to connect with God and to refresh your soul.

Follow the rest of the semi-circle away from the water and go out onto the road. Follow the road uphill, up away from the river- Don't keep following the river!

On the left hand side of the street a little up the hill are some white roses which smell gorgeous!

9. Old tree at the break in the fence



As you're feeling the strain of the climb up the hill, stop and rest and appreciate God's creation. When life feels like an uphill struggle, we become so focussed on what is wrong that we can lose perspective on life. When Jesus was teaching the disciples about worrying, he drew their attention to flowers saying "Look how the wild flowers grow: they don't work or make clothes for

themselves. But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. It is God who clothes the wild grass—grass that is here today and gone tomorrow, burned up in the oven. Won't he be all the more sure to clothe you?.. "So don't be all upset, always concerned about what you will eat and drink. Your Father knows that you need these things. Instead, be concerned with his Kingdom, and he will provide you with these things."

In this Jesus is not only reminding his disciples that God loves and wants to provide for them, but he is drawing their focus from their problems to God's beautiful creation. **Pause, take a rest from the climb and appreciate the beauty of the knarled tree. Perhaps think on the words of 'What A Friend We Have in Jesus.'**

Follow the road up the rest of the hill, sticking to the left hand pavement, which will take you onto Whitehouse Road and then left down Cramond Glebe Road.

10. Cramond kirkyard



Just off the road you will see Cramond Kirk. There has been a church of some description here for 700 years. There are some very old gravestones in this graveyard. We are linked to millions of people across the world by faith and even more down the generations-

we are linked by a faith in Jesus.

Thank God that you are never truly alone, that his spirit and love are always with you.

Come out of the kirkyard and take the next entrance on the right-signposted Cramond Kirk halls- here you will see some outlines and remains of roman ruins.

11. Roman Ruins



The Roman Empire was colossal and has left its imprint across Europe, but even the might of the Roman Empire fell. Challenges in our lives that may seem insurmountable are not impossible with God.

Talk to God about any challenges in your life and ask for his help to overcome them.

If you come back out from the ruins and onto the Cramond Glebe Road, the road takes you back to the public toilets and the flagpole. Turn right towards the flagpole and return along the waterfront away from the village.

12. view of Cramond and Inchcolm islands



Walking back along the waterfront, you may wish to think again about the fish, the rock and the gym.

Think about how seeing things from a different perspective can help us see new things.

Look out across the water to Cramond Island and Inchcolm Island- these have provided places of refuge, places of retreat, and have provided defence and protection during the war.

Read Psalm 46:1-3 and think on it as you return home

**“God is our shelter and strength,
always ready to help in times of trouble.
² So we will not be afraid, even if the earth is shaken
and mountains fall into the ocean depths;
³ even if the seas roar and rage,
and the hills are shaken by the violence.”**

Follow the path back up to the car!

This is the end of the route suggestions – we hope you have enjoyed it. You can use this guide again by yourself and perhaps explore further up the river while using your surroundings to inspire you to think of God.

Why we do this- A Story

A story is told about a great rabbi who came one day to the study hall. The room was filled with people learning the Jewish Scriptures, sitting across from each other, arguing and debating the minutiae of the passages. This was Scripture study at its finest. But the rabbi looked and looked and nowhere could he find his own son.

Having an inkling of where he might find him, the rabbi went out to the nearby forest. And, lo and behold, there was his son, communing with nature.

“I don’t understand,” said the father. “Why do you come out here to the forest?”

“I come to find God,” said the son.

“But God is everywhere,” replied the father. “God is in the study hall just as God is in the forest. God is the same everywhere.”

“Yes. God is the same everywhere,” said the son. “But I’m not.”