

Walking Prayer



Getting out for a walk might be one of the only ways you are engaging your bodies in exercise these days. Did you know that you can use your walk to also engage your spirit too. Turning an everyday walk into a prayer walk is about intention and attention.

The point of a prayer walk is to observe the world around you, your community. As you move about your neighborhood be attentive to your surroundings: what you see, smell, hear and touch. Seek also to be aware of what God is saying to you as you move around your community...do any bible verses pop into your head, visions, or thoughts, is God calling and directing you to something?

As you walk, focus on those living in your community, intentionally praying for God's blessings on what you see and feel. Even in the difficult areas try to stay positive. Your prayers can be said silently or out loud as you feel compelled. There are no right or wrong words when we come before our God.

Suggestion for starting your prayer walk with a prayer asking for God's presence such as:

Loving God, as I walk this day, be with me, open my heart and mind to your presence in my community. Draw my attention that I may see as you see. As I walk with you this day, hear my prayers.

When you come to an end of your walk you can end in a way such as:

Thank you for walking with me, for the blessings you have shown me. I offer all of these in the name of Christ, who taught me to pray. Our Father.... Amen.