



Walking with God



Walking as praise

There is so much to give thanks for in the world God has created. Things we can see. Things we can smell and touch. Sounds we can hear. Sensations we can feel. The quietness of just being with God in the moment appreciating him Father, Son and Spirit in the beauty of his creation.

O Lord our God, how majestic is your name on all the earth. Psalm 8

Walking as blessing

As we walk we can pray God's blessing into the area we are walking in, and in to the lives of the people we meet. We can ask God to bring light out of darkness; joy out of sorrow. We may wish to pray through the beatitudes as we do so.

May the Lord bless you from Zion, He who made heaven and earth. Amen. Psalm 134.

Walking in humility

As you walk, spend some time looking at God, who He is and all He has done for you. Also spend some time considering how the God who loves and created you sees you- unique, loved and made in his image.

Lord God, we ask for your grace. Help us to submit to you alone. Help us to draw near to you alone. Cleanse our hands and purify our hearts. May we mourn. May we be humble before you our God and Saviour.

Walking in awareness of our sin and of God's forgiveness

As you walk spend some time reflecting on how you have fallen short of the glory of God. The things you have done against the will of God. The things you have left undone. Confess these things to God. As you walk you may like to recite the Jesus prayer: *Jesus Christ, son of the living God, have mercy on me a sinner.*

As you end this prayer walk, become fully aware of God's forgiveness. Almighty God, whose only Son has opened for us a new and living way into your presence: give us pure hearts and steadfast wills to worship you in spirit and truth; through Jesus Christ our Lord. Amen. Common Worship

Walking as intercession

We can use the time walking to pray for others. Our friends our family. Our work colleagues. Others we are in contact with. Those we have committed to pray for, for example link missionaries. We might find it helpful to pick up some small stones or leaves as we walk placing them in a pocket, and one by one use them to symbolise someone we are praying for. We can be open to how God may be asking us to be involved. As we complete our time of prayer we can symbolic throw the stone or leaf into the grass or a stream as we leave them in God's hands. God who loves them more than we could possibly love them.

May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen. Galatians 6:18

Walking as identification

As you walk imagine yourself in someone else's shoes- maybe someone you know personally, or someone suffering as a result of war, need or natural disaster. Ask God to show you the areas you need to pray into, and talk to God about these areas. Ask for his healing, restoration and hope in dark places.

Our Father in heaven, Hallowed be your name. Your kingdom come. Your will be done on earth as in heaven. Give us today our daily bread, and forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom and the power and the glory are yours, now and forever. Amen.

Walking and listening to God

As you walk in silence, seek God and ask him to speak to you. Ask Him to open the eyes of your heart. Ask Him to open the ears of your spirit. Be open to His voice as you walk.

Speak God, I am your servant, ready to listen. I Samuel 3:10

Virtual prayer walking

If physically walking is a challenge, you can always take a virtual prayer walk. Get a map of the town or area in which you live 'walk' as you pray. You could also use a photo gallery on your phone or computer to take you to different places as you walk.