

PRAYER WALK 1

“The apostles re-joined Jesus and told him all they had done and taught.” (Mark Ch6 v30)

Lord, today I have (reflect on your day so far)

“And he said to them, ‘Come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that there was no time for them even to eat.” (Mark Ch6 v31)

As you walk with the Lord and think about his teachings, what is he saying to you about your day so far?

“Teach me, Lord, what you want me to do, and I will obey you faithfully; teach me to serve you with complete devotion.” (Psalm 86 v11)

As you rest with the Lord, let his gentle wisdom fill your mind and heart.

“Come to me, all you who labour and are overburdened, and I will give you rest.” (Matthew Ch11 v28)

As you return home give thanks for the time shared.

“You, Lord, are all I have, and you give me all I need; my future is in your hands. How wonderful are your gifts to me; how good they are!” (Psalm 16 v5-6)

Enjoy the rest of your day.

(Jennifer Morris)

PRAYER WALK 2

I go outside....I embrace God in nature.

I walk peacefully with presence and stillness, to be in the moment.

I let myself become aware that God is everywhere and in everything and open up my mind and heart to his presence - heart of my heart, spirit of my spirit.

*Giving myself space to feel loved by God.
Breathing God in.
Recapturing wonder and expressing gratitude.*

Sometimes this is enough, to let God in nature sink in like rain and refresh my soul. I can let go of the noise, distractions and anxieties and be reminded of God's love and presence.

At other times I find that using a short text from scripture to meditate on as I walk can deepen my awareness of God.

Focusing on key words or phrases repeated over and over can bring clarity and stillness with a deeper communion with the Divine.

*A favourite that I use is – **'be still and know that I am God.'** I focus on different parts, immersing myself into being still and knowing God....*

(Tracy Burgess)