

PRAYER WALK 1

St Paul's letter to the Early Christians in Rome 12:1-16

Think of God's mercy, my sisters and brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

In the light of the grace I have received I want to urge each one among you not to exaggerate his real importance. Each of you must judge himself soberly by the standard of the faith God has given him. Just as each of our bodies has several parts and each part has a separate function, so all of us, in union with Christ, form one body, and as part of it we belong to each other,

Our gifts differ according to the grace given us. If your gift is prophecy, then use it as your faith suggests; if administration, then use it for administration; if teaching, then use it for teaching. Let the preachers deliver sermons, the almsgivers give freely, the officials be diligent, and those who do works of mercy do them cheerfully.

Do not let your love be a pretence, but sincerely prefer good to evil. Love each other as much as sisters and brothers should and have a profound respect for each other. Work for the Lord with untiring effort and with great earnestness of spirit. If you have hope, this will make you cheerful. Do not give up if trials come; and keep on praying. If any of the saints are in need you must share with them; and you should make hospitality your special care.

Bless those who persecute you: never curse them, bless them. Rejoice with those who rejoice and be sad with those in sorrow. Treat everyone with equal kindness; never be condescending but make real friends with the poor.

PRAYER WALK 2

Psalm 138 (139)

*O Lord, you search me and you know me,
you know my resting and my rising,
you discern my purpose from afar.
you mark when I walk or lie down,
all my ways lie open to you.*

*Before ever a word is on my tongue,
you know it, O Lord, through and through.
Behind and before you besiege me,
your hand ever laid upon me.
Too wonderful for me, this knowledge,
too high, beyond my reach.*

*O where can I go from your spirit,
or where can I flee from your face?
If I climb the heavens, you are there.
If I lie in the grave, you are there.*

*If I take the wings of the dawn
and dwell at the sea's furthest end,
even there your hand would lead me,
your right hand would hold me fast.*

*If I say: 'Let the darkness hide me
and the light around me be night',
even darkness is not dark for you
and the night is as clear as the day.*

*For it was you who created my being,
knit we together in my mother's womb.
I thank you for the wonder of my being,
for the wonder of all your creation.*

*Already you knew my soul,
my body held no secret from you
when I was being fashioned in secret
and moulded in the depths of the earth.*

*Your eyes saw all my actions,
they were all of them written in your book;
every one of my days was decreed
before one of them came into being.*