

# Prayer Walk

*Take a walk around your neighborhood or yard. Stop after the designated number of steps and invite everyone to look around for the various things.*

## Ideas (not requirements):

- Ask kids who are old enough to take turns counting the steps - just a reminder, everyone's steps might not be the same, so use the count of the person whose turn it is to count.
- Ask the counter to count to themselves, if at all possible, and walk quietly between each stop.
- Bring clip boards with paper and something to write or draw with. Either have kids take turns writing down everyone's responses OR if you have enough clipboards for everyone, they can write or draw their own.
- Do you or does your... family have a favorite Scripture passage? You might read it at the beginning of the walk and at the end.

## The Walk

- Take 40 steps, look around, and find something to praise God for creating...
  - Take 30 seconds or so to find it then have everyone share. If you brought a clip board, record the responses, if not after everyone is finished sharing and/or writing say AMEN.
- Take 60 steps, stop and think of someone you know who has a need or a concern...
  - Take 30 seconds or so to pray silently. If you would like to share out loud, you can or you can write it down. When done, say AMEN.
- Take 45 steps, stop, look around, and find something that reminds you of a blessing God has given you...
  - Take 30 seconds or so to pray silently. If you would like to share out loud, you can or you can write it down. When done, say AMEN.
- Take 35 steps, stop and think about something you are worried about...
  - Take 30 seconds or so to pray silently. If you would like to share out loud, you can or you can write it down. When done, say AMEN.
- Take 70 steps, stop, look around, and find something that reminds you God is always near...
  - Take 30 seconds or so to pray silently. If you would like to share out loud, you can or you can write it down. When done, say AMEN.
- Take 25 steps, stop and think of someone in your neighborhood you miss seeing...
  - Take 30 seconds or so to pray silently for that person. If you would like to share out loud, you can or you can write down. When done, say AMEN.
- After this last stop, if you are comfortable joining hands do so and say the Lords Prayer together:

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.