

Prayer Walking

Does moving help you think? Does taking a walk open you up to talking to Jesus more easily? Everyone connects with God differently. For some, it's stillness. For others, it is movement. Prayer walking is our final reflective prayer practice to trial. What we are striving for is space to reflectively interact with God. These short moments each week are not meant to be our intercessory prayer, that prayer that lifts a list of requests to God regarding our family, those who are sick, or for a solution at work. Reflective prayer is to help us pay attention to God's welcome, his care for us, and his invitation to go deeper with him.

In prayer walking, we walk for a few minutes to breathe in different air, take in different scenery, and allow the surroundings to remind us of God's presence and work in the world. Imagine a walk around your block. You see houses, cars, nature, and people. What does God bring to mind? Gratitude? Concern? Provision? Distraction? Does the beauty or brokenness bring praise or longing to your lips?

As you pray, don't think you have to jump from one notion to another as new things come into your path. Feel free to stay with the first idea that came to you and roll it around in conversation with God. At the same time, don't keep looking for water in an empty cup. Move onto the next impression in your path.

How it Works

To start, **First**, take a deep breath and relax. Invite God into your space and indicate you are ready to listen. (Take 10-30 seconds)

Second, step out the door and begin to walk. Choose a pace that is comfortable enough to allow you to reflect. You are not in a race to get back to where you started. You also don't want to walk so slow that people stop to ask if you need help. And do keep your eyes open. You are allowing God to nudge you through what you notice all around you: sight, sound, smell, sense.

Third, as you walk, open up yourself to what God might bring to mind. Roll an idea around. Ask God for insight. Give thanks for the goodness of God that comes to mind. Give thanks for God's provision, care, or character. Step 2 and 3 are really one and the same. (Take 4-5 minutes to start, more as you are comfortable)

Fourth, as you find your way back to where you started, ask God for what you need to hear from him. (15-30 seconds to start)

Over the next week, strive to practice this 2 or 3 times. Try walking in two different locations to see if something different sticks out to you. Try walking in the woods where nature surrounds you. Try a beach walk and let the waves lap at your feet.