

Guided Prayer Walk

In person

Station Signs

All the instructions will be on blue pages.

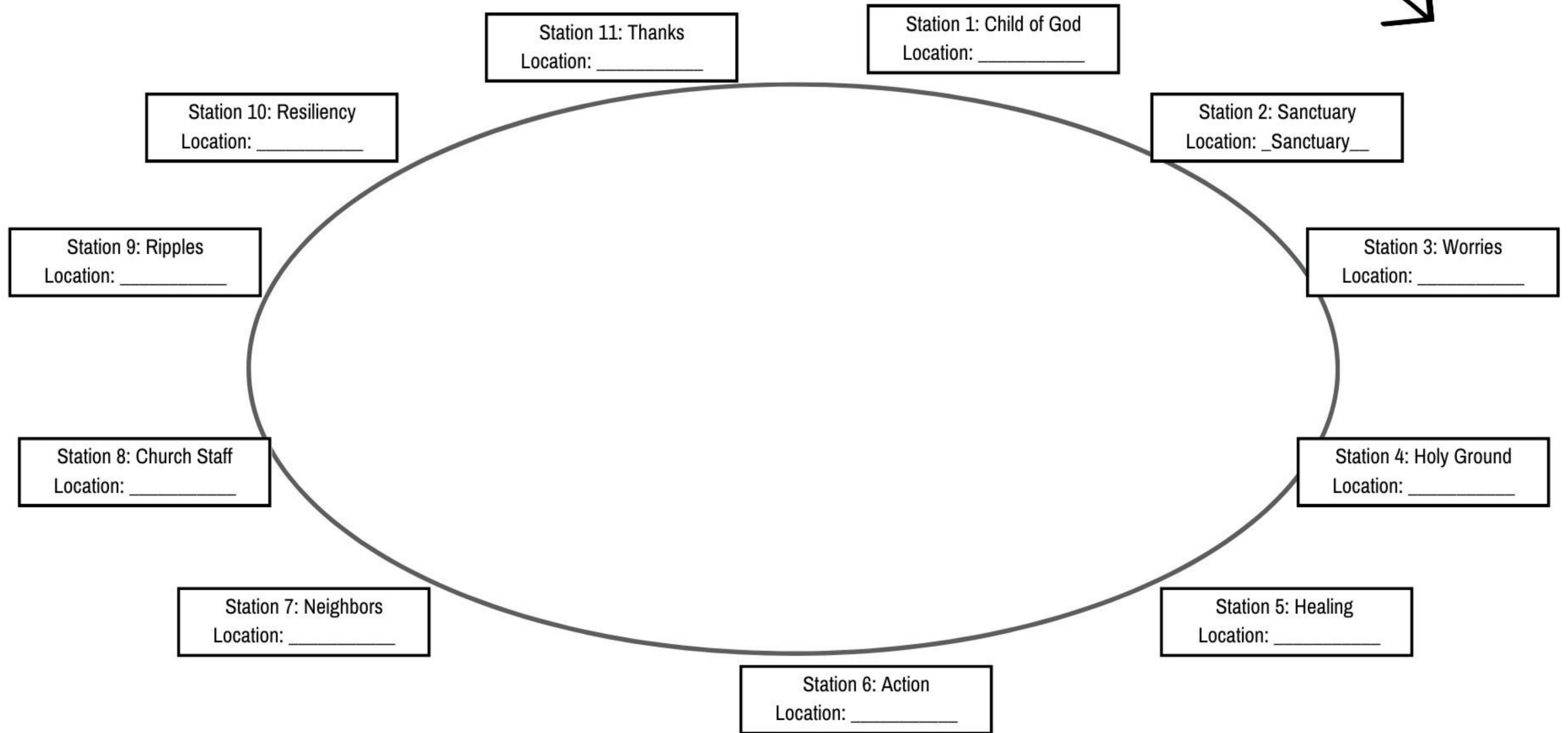
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Prayer Walk Map



Station 1: Child of God

This station should have Mark Miller's song
"Child of God" playing on
repeat. Use this link:

[https://www.youtube.com/watch?
v=vDmrS3ts0B0](https://www.youtube.com/watch?v=vDmrS3ts0B0)

Child of God

For in Christ Jesus you are all children of God through faith.

- Galatians 3:26

Spend some time in prayer thanking God for all the ways you identify and all of your unique gifts and skills. Write a word that describes yourself.

I am a _____

I am a child of God

Sanctuary

God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth.”

- Genesis 9:12-13

Close your eyes and envision yourself sitting in the church sanctuary. Think of all the church members who sat in those pews before you. Say a prayer for the members who will sit in these pews in the future.

Station 3 requires paper, pencils, and a waste basket.

Prayer for Worries

Life can be scary at times. There are big things happening in the world and it is okay to bring all your feelings to God, big or small. Write a worry on a slip of paper. Crumple it up and keep it just for yourself and God. Then throw it into the garbage and give that worry to God. Lastly, read this prayer silently to yourself:

God, when everything around me seems to be on the brink of collapse, guide me to solid ground. When I believe I cannot go any further, help me to persevere. Guide me tenderly toward the path I should follow; lead me to find tranquility and safety. Despite the chaos prevailing in the world, draw me nearer to your presence. Amen.

Holy Ground

*For where two or three are gathered together in my name,
there am I in the midst of them.*

- Matthew 18:19

Take off your shoes. You are standing on holy ground. Rub your soles along the ground and feel the earth beneath your feet.

Pray this silent prayer:

Holy Creator, mesmerize us with the wonders of your creation.

Grace us as we walk on your sacred soil.

Stir and incite us. Help us to consider our part in your design.

Astonish us with your radiant splendor.

Amen.

Station 5 requires rough objects such as stones.

Healing Prayer

He gives strength to the weary and increases the power of the weak.

- Isaiah 40:29

Pick up something rough near you and hold it in your hand. Feel its weight, its rough exterior, its sharp edges. As you hold your object, pray for the healing of the world.

**Station 6 requires pieces of paper, pencils,
and the song "Sanctuary" to be playing in the
background. Here is a link to the song:**

**[https://www.youtube.com/watch?
v=AxB9VH3cCN4](https://www.youtube.com/watch?v=AxB9VH3cCN4)**

Prayer for Action

*He has told you, O mortal, what is good,
and what does the Lord require of you
but to do justice, and to love kindness,
and to walk humbly with your God?*

- Micah 6:8

Write one way you plan to work for goodness in the world. Add your commitments to the commitments of others, then pray for the Lord to prepare you to be a sanctuary.

Station 7 requires an open window nearby.

Prayer for Neighbors

The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.

- John 3:8

If you can, open your window. Take a deep breath. Close your eyes and listen to the wind in the trees. Smell the fresh air and listen to the sounds of your community. Know that you are standing with God. Say a silent prayer for your neighborhood.

**Station 8 requires Wildflower seed packets.
The station should be outside in a place
where it would be okay for wildflowers to
grow.**

Prayer for Church Staff

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

- Galatians 6:9

The church staff works tirelessly to provide a faithful, loving, environment for all church members. Plant a flower in honor of their hard work and as a way of saying thank you. Then say a prayer for them.

Station 9 requires a pile of small stones and a large bowl of water.

Holy Ground

*For where two or three are gathered together in my name,
there am I in the midst of them.*

- Matthew 18:19

Pick up a pebble and then drop it gently into the bowl of water. Observe the outward ripples, and then read this prayer:

Lord, please help us to notice how our actions impact others.
Remind us to be mindful and courteous in all that we do,
striving to always walk in your footsteps and treat others with
love.

**Station 10 requires a pile of flat stones.
Before the prayer walk, you should stack a
couple as an example.**

Prayer for Resiliency

Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the Lord has helped us."

- 1 Samuel 7:12

Pick up a stone and add it to the ebenezer. Ebenezers were used in the Bible to remember victories. Say a prayer celebrating the fact that you've been resilient through tough times.

Station 11 requires a a bowl of sand.

Prayer of Thanks

*The steadfast love of the Lord never ceases;
his mercies never come to an end.*

- Lamentations 3:22

Pick up some sand from the bowl and rub it between your fingers. Think of the millions of ways God is at work in our lives. Next, pray, “God thank you for the ways you are at work in . . .”