

St. John UMC Family Prayer Walk

Each week, we have been challenging you and your family to do something special and out of the ordinary to show others that God loves them. When we pray, we remember others to God. We open our hearts to experience God's grace that is abundant throughout the world, in our community, and even in our own backyard. Today, let's go on a prayer walk! It is so good to go outside and get some fresh air, and remember that God is in our midst. It doesn't matter where you live; you are welcome to adapt this guided prayer walk to fit your context. Some of you may be walking with your family, and some of you may be walking alone. Some of you might go for a long walk; some of you might participate in a chair outside. Either way works! If you are walking with your family, assign different readings to different family members so that everybody can participate. The readings are to be done along the way. There are three parts: Creation, Light, and Compassion. Each part contains a scripture, a question, a prayer, and a blessing (for those who will be passing homes on their walk). Take as much time as you need to reflect, discover, and make room for Jesus to restore your soul...and make room for some holy distractions along the way! On your way back from your prayer walk, take a few minutes in silence, listening to what God may be saying to you.

1. Creation

Read: Psalm 24:1-2- The earth is the LORD's and everything in it, the world and its inhabitants too. Because God is the one who established it on the seas; God set it firmly on the waters.

Ask: What and who do you see on our walk that God made?

Pray: Thank you for the trees, the sky, the animals and the people. You created us, said that what you created was good, and now you call us by name. Thank you for calling us your children. Amen.

Blessing: Stop in front of whatever home you are near. Recall who lives at that particular house. Pray: God, we pray your blessings on all who live in this home. We thank you for creating them, and for your grace in their lives. Help them to know the beauty of your creation. Amen.

2. Light

Read: Psalm 139:12- Even then the darkness isn't too dark for you! Nighttime would shine bright as day, because darkness is the same as light to you!

Ask: Is the sun shining today? Do you think we would be able to see as much on our walk if it were dark? Take a minute to discover something you haven't noticed before on your walk.

Pray: Lord, you show us new things all the time! Sometimes, we don't know what's going on in this world, especially when it comes to this virus that is going around. Sometimes we feel like we are in the dark. We thank you for your marvelous light, where we can see one another, see you, and see ways to serve you! Amen

Blessing: Stop in front of whatever house you are near. Recall who lives in that particular house. Pray: God, we pray your blessings on all who live in this home. We thank you for the light you bring to their lives. We hope that they discover something new through your light today.

3. Compassion

Read: Psalm 145:8 The LORD is merciful and compassionate, very patient, and full of faithful love. The LORD is good to everyone and everything, God's compassion extends to all his handiwork!

Ask: How can I be compassionate and loving to the people who live with me or near me?

Pray: Thank you, God, for showing us what your love looks like. When we go outside, when we see what and who you have made, we are reminded of your love. Help me to show your love by using patience and kindness.

Blessing: Stop in front of whatever house you are near. Recall who lives in that particular house. Ask: How do you think they might be having a hard time right now? Pray: We thank you, God, for your compassion towards the people who live at this home. Teach me how to love my neighbors like you do.