

PRAYER WALK

As you head out to exercise, why not use the things you see as prompts for prayer?

AIMED AT

ALL AGES

Introduction

We are encouraged to head out to exercise during social isolation. There are some restrictions on our activities and gatherings and you must follow these. However, you can pray! Here is one tool you could use to reflect and guide you in your prayers and thoughts.

Prayer Walk: Things to look for—be inspired to pray...

Take notice of the weather, the wildlife, your surroundings. Breathe...God is with me, be thankful! You are alive and are beautifully and wonderfully made! "Hosanna! Blessed is He who comes in the name of the Lord!" (Matthew 21:9)

Bus Stops: Pray for those who travel or are not travelling at the moment. Those who are isolated and lonely. Pray that they would know that Jesus cares for them "Cast your anxiety onto me because he cares for you." (1 Peter 5:7)

Shops: Give thanks for all we have. Pray that in the midst of so much materialism we would see that everything is passing away but God is eternal. Pray also for our essential workers that God would protect them during COVID -19.

Keep Clear: How can we 'make space' for God in our life? What prevents me from meeting with God?

Speedbumps: Pray for those struggling today—for those who recently have been through upsetting and difficult times. Pray they would know God's love and care.

School Zones: Thank you God for our teachers! Pray for your friends who are remote learning at this time. Pray particularly for those who are in their final year of secondary school. Pray that students will feel resourced and equipped for learning and encouraged as they connect with their peers and with their teachers. Pray for all those who are supporting students at this time. Pray for Chaplains, Principals, teachers and staff that both now, and into the future, our schools would be places that offer support, growth, engagement and love.

Speed Camera Signs: Remember that God is watching over us all the time. Jesus goes with us and his Spirit will help and guide us. Pray for God's leading and guiding for our government and for medical and health workers.

Churches: Pray for creativity, pastoral compassion, vision and imagination. Pray as they adapt and make changes at this time, that they will continue to find ways to connect with and serve the needs of the community. Pray that when the doors reopen that they will have a fresh vision of how to be 'the body of Christ'.

Roundabouts: Pray for those who hear about Jesus but see many different ways to go and become distracted. Pray that they would know that Jesus is the way, the truth and the life.

Petrol Stations: Where do we get our energy from? How will we manage to continue to walk with God? Ask God to give us a desire to know Him better through the Bible.

Traffic Lights: Do I need to 'stop'? Do I need to 'slow down'? Do I need to 'go'? Ask God for his wisdom in your life, for someone else, for a particular area of concern. "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." (Proverbs 3:5-6)

Bridges: Thank God for Jesus and his work on the Cross, the one who bridges the gap between our Holy God and us!

Adapted by Rachel GH from an SU Scotland resource to support young people in walking and praying during the COVID-19 pandemic.