

Prayer Walk

helpful tips to walk and pray

Verbally invite Jesus to join you.

Take a scripture with you and memorize it.

Read a psalm several times over.

Listen to a worship song.

Look for God in His creation, giving Him the glory as the Creator.

Take time to listen.

Share your worries, fears, frustrations, anxieties, challenges, and struggles.

Take time to pray that anyone you see will experience Christ.

Reflect on your life, your family, and offer everything into Christ's hands.

Repeat a simple one sentence prayer— there's a list on the back to get you started.

*Lord, fill my soul with Your peace.
Father, fill my heart with Your love.
Holy Spirit, fill me with Your joy.
Teach me to listen to Your voice today.
Help me understand Your will.
Open my eyes to see You.
Protect my mind, soul, and spirit this moment.
Give me Your wisdom in this moment.
God, You are my God; I seek after You.
Make my life a prayer for You.
Show me Your heart.
I give You this burden.
Lift my eyes to see You, Jesus.
Father, I need You right now.
Take this sin from my heart.
Yahweh, show me Your glory.
Come near, Lord Jesus.
Help me to do what pleases You today.
Come, bring salvation to the nations.
Come to my neighborhood/family/work.
Forgive my wondering thoughts.
Remind me of Your love in this moment.
Show me how deep, how long, how wide, and
how tall Your love is.*