

# *Growing Spiritually as an Elder*

## *Walking Prayers*



*Prayer walking is a form of prayer that is like a procession in worship. It is an announcement that you see the ground on which you stand as holy and within God's love. A prayer walk can be for intercession (prayers for others) or for gratitude (in a beautiful place). Below are some suggestions about prayer walks.*

- 1) Determine the nature of prayer walk in the planning. Are you praying for healing, reconciliation, or the presence of God to be felt? Clarify the call you feel to prayer.
- 2) A prayer walk can be done in several ways.
  - a) A walk where you move in silence as a group around a chosen place.
  - b) A walk where you stop and start along “stations” for prayer as a group.
  - c) A walk where each person goes at their own pace and maybe on their own time.
  - d) A walk where you sing as you go. A good song is “We are Walking in the Light of God” found in the Chalice Hymnal #442. Other choruses work well. Make it something you can sing as you walk.
- 3) Places that make good prayer walk locations include...
  - a) Parks — in gratitude for their beauty, and sometimes in intercession for the homeless that live there and their neighbors, or for the gangs that meet there.
  - b) Hospitals — prayers for the sick, the staff, the chaplains, the families. Check with the hospital about their desire for this to happen. You can quietly walk the halls stopping on each floor, or begin and end in the chapel if there is one.
  - c) Airport/train/bus stations or on mass transit getting off at stops and on again. Pray for the safety of travelers.
  - d) Bridges — for the people who travel them and for the places they connect.
  - e) Schools — for the teachers, students, staffs, and their families.
  - f) Churches — for congregation and the ministry that happens in each room.
  - g) Neighborhoods — for the communities they serve.

### ***BE CREATIVE IN PRAYER LOCATIONS***

