

A Prayer WALK

for parents & children

devotional to be used around the prayer path



This prayer walk is one lap around the quarter-mile prayer path. You will have many opportunities to talk with each other and talk with God. Share honestly with each other. Move at a pace that works for you. This walk can be done with one or both parents and one or more children. There is a version for younger children and older children. Feel welcome to adapt to your context.

Pack a snack, drink, or meal for your walk that you can enjoy together at the picnic table.

This Prayer Walk will likely take around half an hour, depending on how long you stop to eat. Prompts for younger children will be on the left. Prompts for older children will be on the right. Use the prompt that seems appropriate for your children.

SHARE *about* PRAYER

As you start, sit on the bench on the right-hand side of the trail and look up at the Prayer Path.

Parents: Share with your children how and when you like to pray. What does prayer look like in your life? What does prayer mean to you?

Younger Children (3-10)

Child: What do you think prayer is?
How do you pray?

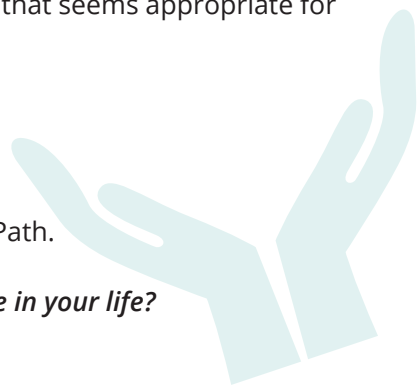
Parents: Share why you want to do this prayer walk with your child.

Pray the following prayer together:

God, help us to learn more about prayer and grow closer to You and each other through prayer today. Amen.

Older Children (10+)

Child: What does prayer mean to you?
How and when do you pray?



Continue on the trail to the patio with the eight blue chairs. Sit next to each other and look at the globe. It's a big world. Full of people.

- **Select** two or three family and friends you'd like to pray for.
- **Share** why you'd like to pray for them.
- **Pray** aloud for each of them. Have all participants take a turn praying, even if it's a simple sentence.

Praying FOR OTHERS

FEARFULLY AND WONDERFULLY MADE

Head uphill toward the volleyball courts. Notice all the different plants and flowers. Each is unique and beautiful in its own way. God created each to be different and special.

Share your favorite plants along the way.

Stop at the far west bench, parallel to 198th Street, facing the church. Look at the different plants and trees along the prayer path.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. -Psalm 139:14

God has made us unique and different. We all have our own gifts and interests. We are fearfully and wonderfully made, and God loves us just as we are.

Parents: *Share with your child the unique and special qualities you see in them from God.*

Child: What makes your mom or dad special? What do you love about them?

Child: Share with your parent the unique and special qualities you see in them from God.

Overcoming CHALLENGES

Walk through the winding path lined with big rocks. Our path in life is not always smooth and easy. Sometimes, we encounter obstacles and challenges—like a big boulder blocking our way.

Stop at the bench right before the tree stumps. Look back at all the big boulders.

Parents: *Share one challenge or difficulty you are currently facing.*

Child: What is something that is hard for you right now?

Child: What challenge or difficulty are you dealing with right now?

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. -Psalm 28:7

Talk about how God can help you overcome these boulders in your path.

FOOD & GRATITUDE

Continue to the picnic table. Stop for a snack, meal, or drink break. Jesus loved to eat with people. Some of His most important conversations and lessons happened at the table. He taught people things, cared for them, and forgave them. He cared more about the company than the meal.

As you eat, take turns answering the following prompts:

- Thank You, God, for...
- Thank you, mom/dad/child, for...
- I have learned from you...

FACING *Fears & Worries*

After eating, continue through the tunnel of tall trees and walk towards the cross. This part of the path is always shaded and darker than the rest of the prayer path. The dark can be scary. You can't see what's in front of you.

Sometimes, life can feel like walking in a dark tunnel, too.

Child: What is something you are afraid of right now?

Child: What is a fear or worry you are currently struggling with?

Parent: *Share about how you've experienced fear, too, and talk about some ways you have effectively overcome fear in the past.*

Pray this prayer together.

God,

Thank You for always watching over us and loving us.

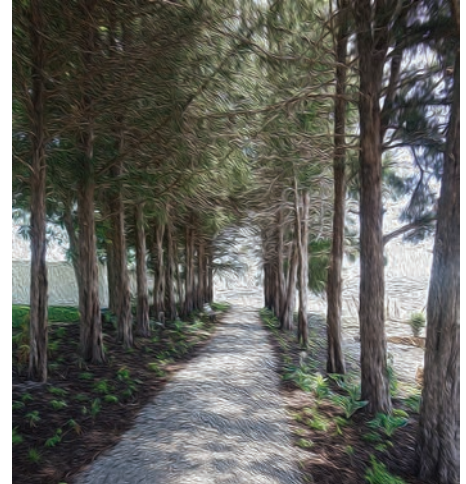
Please help us to be brave and strong when we are afraid.

Give us the courage to face our fears and the confidence to trust in You.

May we feel safe and comforted knowing You are always with us.

In Jesus' name,

Amen.



FORGIVENESS

You'll exit the tunnel of trees and arrive at the cross. Stop and sit on the bench in front of the cross. The cross reminds us that Jesus loved us enough to die for us. It's a symbol of forgiveness.

Parents: *Share something you need forgiveness for.*

Child: What do you need to say "I'm sorry" for?

Child: What is something you need forgiveness for?

God has removed our sins as far from us as the east is from the west. -Psalm 103:12

Pray this prayer together.

God,

As we look at the cross, we are reminded of Your forgiveness. I am sorry for the times I have hurt others. Please forgive me and help me to do better next time. Thank you for loving me and for always being there for me. Help me be kind, show love, and be more like You.

In Jesus' name,

Amen.



BACK TO THE *World*

Make your way back down the trail to the patio and firepit. Sit in the blue chairs and reflect on the globe firepit. This globe firepit looks the best with the bright light of fire filling it.

You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.
-Matthew 5:14-16



Reflect and Share: How can we be more like Jesus and be a light in this world?

Pray for each other before completing the prayer path. Remember, prayers don't need to be long or perfect.

God knows what you mean.

Next STEPS

Walk on the concrete trail to complete the prayer path. As you walk out or on the drive home, talk about your experience.

Reflect on what you experienced during the prayer walk.

Parents: Share your favorite or most meaningful part of the prayer walk.

Child: What was your favorite part of the prayer walk?

Child: What was the most meaningful part to you?

Discuss how you want to continue praying together regularly.

