

# A Prayer Walk for ADVENT

*This prayer walk is one lap around the quarter-mile prayer path. You will have many opportunities to talk with God and prepare your heart for Christmas. Move at a pace that works for you. You can do this walk solo, as a couple, as a family, or with a friend. It will take about 30 minutes.*

## Preparing for Jesus

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

Advent means to prepare for the arrival of someone or something. During this season of Advent, we prepare our hearts and minds for the birth of Jesus.

**Reflect:** What is one way to prepare your heart for Christmas?

**Pray:** *God, help me prepare my heart for Jesus's coming this Christmas as I embark on this journey. Amen.*

## Peace On Earth

**Continue** on the trail to the stone patio.

**Sit** in one of the blue chairs and look at the globe firepit.

*Jesus said, "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." -John 14:27*

This world is our current home but cannot give us peace. The world's brokenness and sin disrupt our peace. Jesus offers us real peace.

**Reflect:** Where do you need more peace in your life?

**Pray:** *Jesus, fill me with peace in this specific area of my life. Help me to receive and embrace this peace. Amen.*

## Christmas Trees

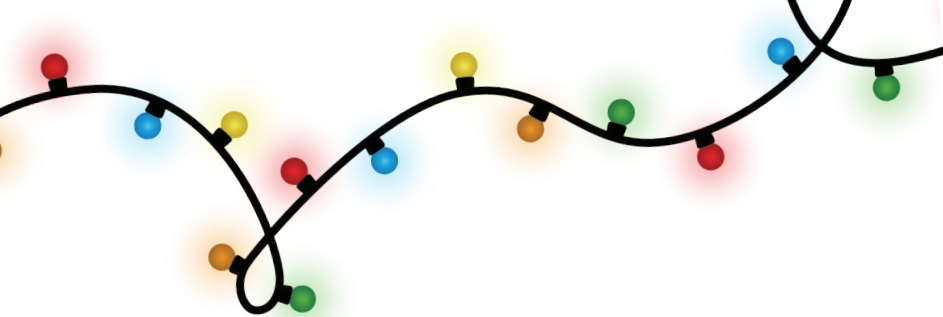
**Continue** along the path to the west. Pause by the three evergreen trees on the left side of the path. They look like three small Christmas trees. Decorating Christmas trees is a common tradition for many this time of year.

**Reflect:** What Christmas tradition brings you closer to Jesus? If you don't have one, what new tradition could you start this year?

Presents are found under the Christmas tree. Advent is not about material gifts but spiritual gifts like hope, joy, peace, and love.

**Reflect:** What spiritual gifts do you hope to receive this Christmas?

**Pray:** *Lord, help me dedicate this Advent season to following you more closely. Give me a hunger and thirst for more of You. Amen.*



## God With Us

Walk through the winding path lined with big rocks. Some turns bring you closer to the cross. Some turns move you away from the cross.

One of Jesus's names is Emmanuel, which means "God with us." More than anything, Jesus wants to be in a relationship with us and wants us to keep moving closer to Him.

**Reflect:** Have you been moving closer to Jesus or farther from Jesus in your life recently?

**Pray:** *Emmanuel, I want to experience Your presence more fully. Let me embrace Your nearness. Amen.*

## Make Straight Paths for Him

**Continue** walking until you reach the two tree stumps. These two trees were removed because they were dead. Cutting them down cleared the way for the Prayer Path.

*"I will send my messenger John ahead of you, who will prepare your way - a voice of one calling in the **wilderness**, 'Prepare the way for the Lord, make straight paths for Him.'"*

*-Mark 1:2-3*

John the Baptist was sent to prepare the way for Jesus. He encouraged us to "make straight paths for Him, " which means removing anything blocking our path to Him.

**Reflect:** What is blocking your path to growing closer to Jesus? What sins, distractions, or obstacles must be cut down to clear the way?

**Pray:** *God, remove the obstacles and barriers between us from my life and make straight my path to Jesus. Amen.*

## Praying for Others

**Continue** to the picnic table and take a seat.

Jesus loved to gather around the table to spend time with people over a meal. We often gather around the table during the holidays, as this is where some of His most important conversations happen.

**Reflect:** Who are the people you will gather around your table with this season?

**Pray** a short prayer for each of them.

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## Light in the Darkness

**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.

Mary and Joseph left their home in darkness, unable to see what was ahead. They journeyed to Bethlehem but didn't have a guest room. They knew their baby boy would be special, but they didn't know exactly what all this meant.

**Reflect:** Where are you experiencing uncertainty and darkness right now?

*"In Him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it." -John 1:4-5*

**Pray:** Jesus, shine a light in my darkness. Amen.



## A Servant King

You'll exit the tunnel of trees and arrive at the cross.

**Stop and sit** on the bench in front of the cross.

The world expected Jesus to be a king of pomp and grandeur, but Jesus came as a humble servant. He didn't come to rule over us but to serve us. The cross is the ultimate example of what it looks like to serve others.

**Reflect:** How will you serve others like Jesus this Advent?

**Pray:** Lord, empower me to serve others like you served others. Amen.



## Shining Jesus' Light in the World

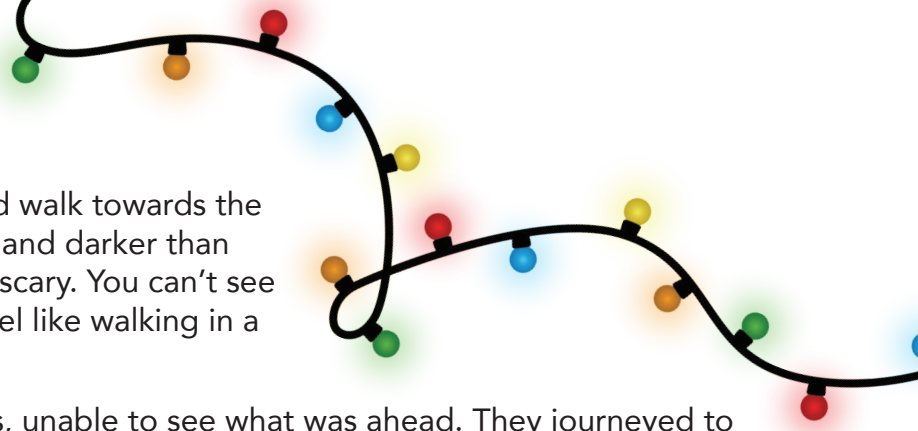
**Make** your way back down the trail. The path is still winding. Arrive at the patio and firepit.

**Sit** in the blue chairs and reflect on the globe firepit.

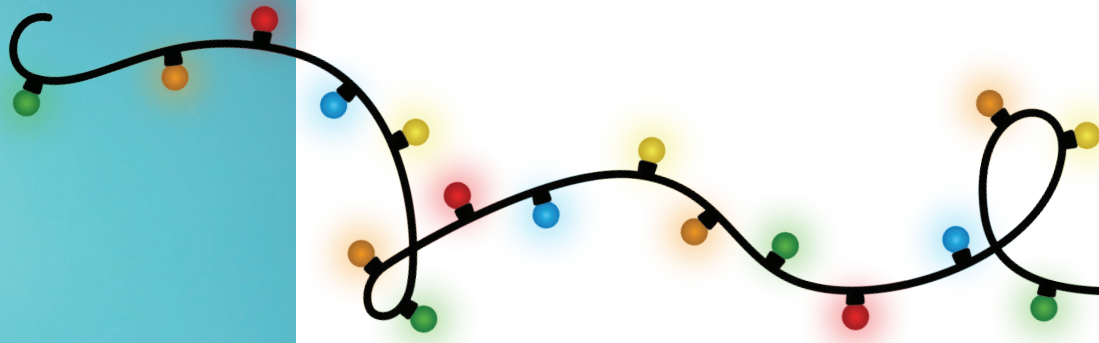
When the bright light of fire fills it, this firepit looks its best. We are at our best when we shine the light of Jesus to the world, too.

**Reflect:** How will you share the light of Jesus in your home and community?

**Pray:** Jesus, You are the light of the world. Shine Your light brightly through my life. Thank You for the gift of Christmas and for coming to the world to be with me. Amen.



# NEXT STEPS



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

**Reflect:** What was something you experienced during the Advent prayer walk? What was the most meaningful part of the prayer walk?

**Reflect:** What will you continue to do this Advent season to prepare yourself for Christmas Day?



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