20 Simple Prayers
Then. Now. Next

the water's edge

This prayer walk is one lap around the quarter-mile prayer path, featuring 20 short, meaningful prayers to offer along the way. Move at a pace that works for you. You can simply pray the prayer as is or use it as a prompt to start your own prayers. You can do this walk individually or with a partner.

The journey up the hill will focus on remembering, celebrating, and giving thanks for what God has done in the past. At the top of the hill, the prayers will focus on what God is doing in you now. The walk back down will look ahead to what God is doing next in your life.

Then

Start by sitting at the bench under the pergola before the path even begins.

1. God, help me set aside today's worries, fears, and burdens so I can be fully present with You on this walk. Amen.

Begin your walk on the prayer path.

2. God, thank You for every step that brought me to this moment. Amen.

Pause at the stone patio and sit in one of the blue chairs.

3. God, thank You for the people who have sat alongside me and helped shape who I am. Amen.

4. God, as I reflect on the globe, bring to mind the places where I have experienced Your presence. Amen.

As you continue your walk, you'll pass the pond.
Pay attention to the sights and sounds of the water.

5. God, open my eyes to the beauty all around me – in creation, in people, in myself. Amen.

Continue walking along the path. As you move west, you'll see the volleyball courts, playground, and cornhole pits to your left.

6. God, thank You for the moments of joy I never want to forget. Amen.

When you reach the far end of the path, you'll turn back and weave back and forth through a section lined with large boulders. Life often feels like this.

7. God, thank You for walking with me through seasons that were hard. Amen.

Pause to take a seat at one of the benches.

8. God, remind me of the ways You have worked in my life that went unnoticed or unappreciated. Thank You for Your faithfulness. Amen.

As you continue up the hill, you'll notice a blue sign on your right side with Ephesians 3:20 on it. Pause to make this prayer your own.

9. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us. Amen.

In a few steps, you'll notice a stump on your left side. Examine the rings of the stump. These rings tell the story of the tree's life.

10. God, remind me of the different rings of my life—the seasons of growth, change, joy, struggle, and waiting. Show me how each one has shaped who I am today. Amen.

Now

Make your way to the picnic table. Reflect on all the people you share a table with.

11. God, give me eyes to see the people around me the way You see them. Amen.

The next section of the path is shaded and darker than the rest.
The dark can be scary. It's harder to see what's ahead.

12. God, I bring You my fears, questions, and burdens. Help me carry the weight that feels heavy. Amen.

Take a moment to sit at the bench in the middle of the tunnel of trees. Look down at the prayer path below you.

13. God, quiet the noise within me. Speak to me and give me ears to hear what You want to say today. Amen.

Continue towards the cross. Pause to sit on the bench at the foot of the cross. Spend a few minutes reflecting on the cross. Pay attention to the thoughts and emotions that arise.

14. God, I leave my mistakes and failures at the cross, along with the guilt and shame I've been carrying. Thank You that Your grace is greater than all of it. Amen.

You'll walk around a vineyard where grapevines are growing. Someday, these grapes will become wine, a symbol of the forgiveness Jesus freely offers us. As you walk and pray, focus on the vines.

15. God, forgive me for the ways I've hurt others and myself. Help me forgive those who have hurt me. Amen.

Next

You'll begin your descent down the hill and back to the world. Sit in the orange chairs for a moment. Orange is the color of hope.

16. God, fill me with hope for what lies ahead. Give me trust instead of fear as I step into the future. Amen.

Continue winding your way down the hill. Reflect on what God is doing in you next.

17. God, open my eyes to the gifts and opportunities You have given me. Give me courage to use them well for Your purposes. Amen.

18. God, show me the next faithful step You want me to take toward loving You and others better. Amen.

Pause again at the patio. Sit in one of the blue chairs and reflect on the globe before you.

19. God, Your kingdom come, Your will be done, on earth as it is in heaven. Show me how I can take part in what You are doing in the world. Amen.

Finish your walk on the prayer path.

20. God, send me back into the world ready to love deeply, serve faithfully, and follow wherever You lead. Amen.

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the water's edge
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