

FAITH FORMATION IS



A Prayer Walk

Myers Park
PRESBYTERIAN
CHURCH

myersparkpres.org/discipleship

FAITH FORMATION IS: A PRAYER WALK

Sometimes prayer looks like sitting silently with eyes closed and hands folded. Other times prayer looks like walking through the neighborhood with eyes wide open, seeing what God is up to in the world, giving thanks to God, and asking for God's presence when you see something that breaks your heart.

With this card, go on a walk around the church, in your neighborhood, while on vacation, or wherever you may find yourself... for wherever you are, God is there as well! May this walk be a time of prayer for you. Below are just some suggestions, not a list to be completed, so may the Spirit move with you on the way.

When you see a:	Plant your feet, take a breath, and offer a prayer for:
Car	People in transition in life
Home	Families of all shapes and sizes
Bench	Rest and peace
Tree	The wholeness of creation
Business	Workers of all types
Grocery store	Those facing hunger
Stop sign	Times is discernment in life
Park	Moments of leisure and fun
Sidewalk	Those experiencing homelessness
Jogger	Others on their faith journey
Church	God's love to be made known in the world
Flowers	Joy to be made known in unexpected places
Swing	The highs and lows in life
Mailbox	Your messages of concern
Stream or pond	The newness of life
Restaurant	Community and fellowship

We hope you enjoyed your prayer walk. When we pause in our everyday experiences, we are open to the divine among us.