

## A BREATH OF FRESH PRAYER WALK

This is a simple outdoor prayer walk with 4 opportunities to stop & pray or walk and pray. It can be used individually, with a group or with a family. Divide the goodies into enough paper bags for each group, with enough for everyone in the group.

You can have prayer walkers look up the scriptures if they take a Bible, or have the scriptures printed on small sheets of paper in the bag with the food. Also, the prayers can be spoken or written. Make sure participants know they can eat the sweets for each station! Cut and paste these instructions on a handout without these instructions!

Station 1: **Lifesavers** – prayers thanking God for saving us, for who he is and what he has done in our lives and our world.

Luke 4:14-21

Psalm 116

Prayer: *God, we know you are the ultimate lifesaver, and we never want to forget that we would be lost without you. Thank you for being the God who knows us and love us.*

Station 2: **Oreos** – prayers for the family and friends in our life that need help, healing and hope. God connects us to others like the white icing keeps the 2 cookies stuck together!!!

Ecclesiastes 4:9-12

Acts 2:42-47

Prayer: *Lord, we pray for the people whose lives intersect with ours each day. We ask that your presence is unmistakable in their circumstance and that you would show us how to help and encourage them on the difficult days.*

Station 3: **Starburst** – prayers for our future goals and dreams, and that God would shape those dreams into lives that make a difference for him.

Jeremiah 29:11-13

1 Timothy 6:18-19

Prayer: *Jesus, you are the author of our dreams and every talent we possess is a gift from you. Help us to shoot for the stars in all our pursuits, but help us to never lose sight of the One who painted the stars in the sky. Help us remember that you are the one who brings purpose and meaning to our lives...and our dreams.*

Station 4: **Extra gum**- prayers for the areas in our lives where we need some extra help, extra grace, extra strength, extra patience, extra guidance...

Psalm 121

Matthew 11:28-29

Prayer: *God, it seems as if every day we need a little extra something from you. Help us to remember that you want us to come to you when we don't have enough of what we need. Whether we are hungry, hurting or feeling helpless - you want us to get our "extra" from you. AMEN!*