

## PICK UP A STONE

The Lord is my rock, my fortress and my deliverer; My God is my rock, in whom I take refuge, my shield and my salvation.  
(2 Samuel 22:3)



**THINK:**  
What does it mean for God to be a 'rock'?

**ACT:**  
Which of these stones catches your eye? Imagine your stone is something that weighs heavily, a challenge or a problem

**PRAY:**  
Give thanks for the stones around you and for the strength of God - our rock.

## WALKING TOGETHER

Were not our hearts burning within us while he talked with us on the road and opened the Scripture to us? (Luke 24:32)

**THINK:**  
As you walk through life - Who journeys with you? How might you sense Jesus with you too? How can you recognize Jesus and hear the voice of God in your daily life?

**PRAY:**  
To recognize Jesus in people you meet and your experiences in life.



## PRAYER AT THE END OF THE WALK

*Pilgrim God, You are our beginning and our destination.*

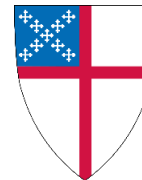
*Journey with us, we pray, as we continue our journey of life. May we journey on with you in love, peace, joy and hope, and follow you with faith.  
Amen*



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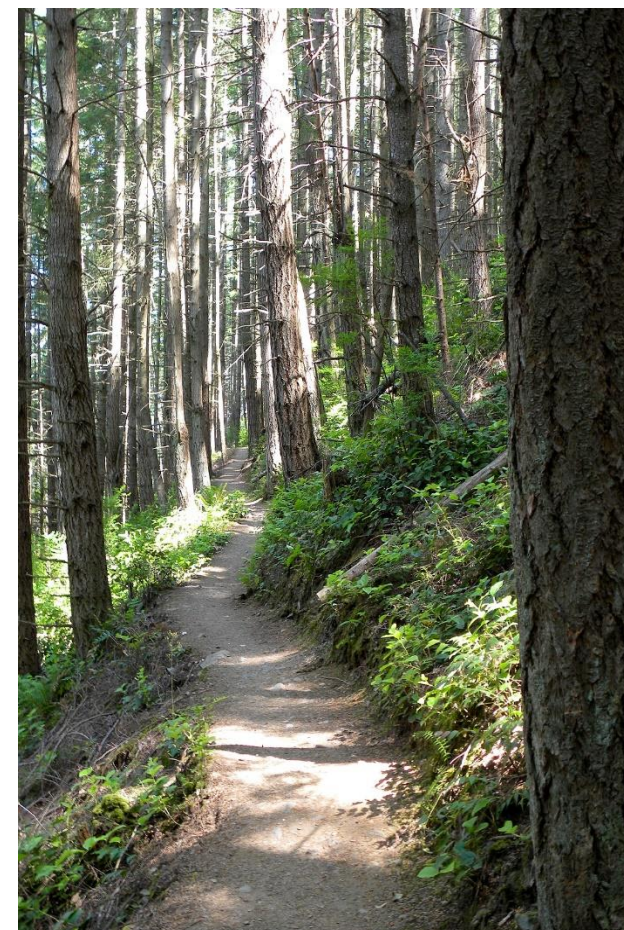


**St. Christopher's Episcopal Church**

*Northport, Michigan*

## Prayer Walk Guide

*We Make the Road By Walking*



<https://stchristophersnorthportmi.org/>

## LOOK AT YOUR FEET

How wonderful it is to see a messenger coming across the mountains, bringing good news, the news of peace! He announces victory and says to Zion, 'Your God is king!' (Isaiah 52:7)

### THINK:

Where are your feet leading you in your life? How might we bring good news to the world around us? What are your dreams for the future?



### PRAY:

Ask God to be with you today and also with you on your journey of faith.

*This Prayer Walk was shared with St. Christopher's by our Pastor, Chrysanne Timm, who received the idea from the Rev. Shuna Dicks of Scotland.*

## FIND A RESTING PLACE

This is the resting place, let the weary rest. (Isaiah 28:12)

### ACT:

Where can you find to sit and rest? Enjoy some time of rest and silence here. What kind of place is it? What do you feel as you spend time in this place? How do you rest and relax in your daily life?

### PRAY:

What might God be saying to you in this place and time of rest?

## APPRECIATE A VIEW

Praise Him, sun and moon; Praise Him, all you shining stars. Praise Him, you highest heavens and you waters above the skies. Let them praise the name of the Lord, for at His command they were created. (Psalm 148:1-4)

### ACT:

Look up and down and turn slowly in a full circle. Notice all the different things you can see.

### PRAY:

Thank God for all the wonderful things that God has made and what you can see around you



## LOOK FOR A LIVING CREATURE

Praise the Lord, all living creatures! Praise the Lord! (Psalm 150:6)

### THINK:

What living things might be here in this place? Try to imagine each and every creature that is breathing close by you, right now.

### PRAY:

Try this ancient 'Breath Prayer': As you walk, breathe in and pray 'Let everything that has breath' then, as you slowly breathe out, 'praise the Lord'. Let these words speak to you as you walk and breathe.



### PRAY:

May the Road rise to meet you, may the wind be always at your back, may the sun shine warm on your face, the rains fall soft upon your fields, and until we meet again may God hold you in the hollow of His hand.

## NOTICE THE WEATHER

There is a time for everything and a season for every activity under the heavens. (Ecclesiastes 3:1)

### THINK:

Can you see the sun, feel the wind, see the clouds, feel the rain? Which 'season' or stage of life are you in?

