

It's important to take a form of exercise outside each day, so why not combine a walk with a time of prayer without the distractions of home.



Ask your parent/carer before going out.

Remember to stay safe and stay close to your home.

You and God Prayer Time (2).

What to take:

Your phone (but don't let it distract you)

A pen and notepad to jot things down

Headphones and a worship song/playlist

Beginning

Take slow, deep breaths as you begin your walk.



Picture yourself breathing out anxiety, worry and frustration and breathing in the breath of God. His holy peace.

As different thoughts come into your head, lift them up to the Lord in your mind, talk to him about them but try not to hold onto them, rather, focus on being with God.

Compose a prayer to God, in your head. Asking Him to walk with you.



Middle

Imagine what it would be like to walk with Jesus. What question would you ask?

How might He encourage you today? What is he lovingly saying in this moment?

If it's safe, pause for a moment to read the words of Jesus in John 14:1-6.

14 "Do not let your hearts be troubled. You believe in God^[a]; believe also in me. ²My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴You know the way to the place where I am going."

⁵Thomas said to him, "Lord, we don't know where you are going, so how can we know the way?"

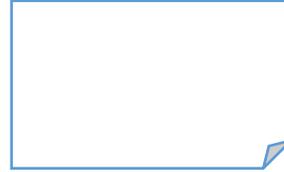
⁶Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

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What question do you have for God today?



Pray for your parent/carer. Pray that you would share God's love, patience and goodness to your family this week.

Now spend some time praying for others as they come into your mind.

Family, friends, those in need.

Think of 5 things to be thankful for – write them into your phone as you walk.

Psalm 1



*¹ Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
² but whose delight is in the law of the LORD,
and who meditates on his law day and night.*

*³ That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*

Ending

As you head home, open your hands and ask Holy Spirit to fill you afresh.

Now find some worship music to listen to as you walk back.

If you're stuck, try *Your Love Awakens Me* by Phil Wickham.

As you walk, think about how you might trust your life to Jesus more this week.

Wash your hands to the Lord's prayer when you get home.