



**“In Him we live and move and have our being” (Acts 17:28). At these moments enjoy feeling completely at one with God—the loving Creator of all you see.**

When the weather is bad and you can't go outside, don't let that stop you from prayer walking. Have a picture calendar nearby with large photographs of natural settings—gardens or mountain scenes or seascapes—whatever you enjoy. Imagine being in these tranquil settings as you pray. In the middle of winter, I love to imagine walking along a beach with Jesus as I look at a photograph of the ocean. I can even smell the salty air and hear the sound of sea gulls as I listen to environmental recordings of rolling surf.

Prayer walking is just one of many relaxing activities that is conducive to prayer. If you are a jogger, pray while jogging. If you enjoy gardening, pray as you garden. Find a way to pray that fits your lifestyle and suits the kind of person you are. But find a way to pray. An undercurrent of prayer flows just beneath the surface of your life. If it can be tapped, great blessings will flow forth.

*Prayer Ventures is a Christ-centered, biblically-based ministry that offers retreats and resources to help people grow in prayer.*

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# Prayer Walking

by Betsy Lee

Would you like to experience God's presence in a fresh, new way? Take a prayer walk. It is a wonderful way to rest and relax and let God speak to you through what you see, hear and observe.

## The World Outside

My set pattern for meeting God used to be praying and reading the Bible at our dining room table. I'll admit it: my prayer life had become stale and routine. One spring day I felt God drawing me outdoors. I suddenly realized that I had rarely taken the time to notice the beauty outside my window. Our house is surrounded by lush, green woods. Standing on our front deck that day, I took several deep breaths, filling my lungs with fresh air and experiencing God's presence in a way that I couldn't indoors. I looked up at the broad expanse

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**The heavens declare the glory of God; the skies proclaim the work of his hands . . . There is no speech or language where their voice is not heard.”**  
— Psalm 19:1,3

of sky overhead and thought of the verse, "His faithfulness reaches to the skies" (Psalm 108:4). That's a LOT of faithfulness! I thanked God for His immeasurable faithfulness to me. As I walked outdoors, everything I saw and observed triggered a prayer thought and drew me closer to God. Day by day, the world outside became an inviting place of rest and refreshment in my busy life.

## Intimate Times of Sharing

On my prayer walks I often felt the tangible presence of Jesus as He walked beside me like a friend. During these intimate times of sharing, He revealed insights to me in unexpected ways. Once when I was walking through the woods, I felt discouraged. I suddenly became aware of the quiet strength of the tall, stately trees all around me. I heard the words, "Stand tall in Jesus." Feeling their strength and hearing those words gave me a new confidence and inner strength that I desperately needed at the time.



On another occasion, I walked around the pond next to our house. My heart was heavy and Jesus seemed especially close that day. As I stood under a weeping willow, a gentle breeze rustled the delicate branches overhead. "When you weep," He whispered, "I weep with you." How amazing that He knew about my secret pain and was there to help me bear it. It was a profound expression of love that I'll never forget.

## How to Begin

Would you like to try prayer walking? Let's go. Forget your "to do" list. Feel at ease as if you have all the time in the world.

Here are some suggestions to get you started:

- Allow 15 - 20 minutes for your walk. Later you might want to go longer.
- Stroll around a lake, through a park, or in the woods around your neighborhood.
- When you first launch out, don't think about a thing. Let your mind be at rest. Just enjoy getting outdoors. Let God draw your attention away from yourself to what He wants to show you.
- Listen to everything around you . . . and let Him speak to you.
- This is not the same as thinking about words on a page, purely a thought process. Let the whole world become your classroom. Open all your senses. Let God speak to your heart through what you see, hear, feel and observe.
- You can choose to begin or end your devotional time this way. Try to link your walk with Scripture that you are meditating on. The Holy Spirit will put two and two together in unexpected ways. Watch for startling connections, awesome new insights.
- Some times there are no particular insights, but simply a deep sense of peace as you let yourself be immersed in the beauty and grandeur of God's creation. "In Him," Scripture says, "we live and move and have our being" (Acts 17:28). At these moments enjoy feeling completely at one with God — the loving Creator of all you see.

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