

WEEK FOUR

Nature Prayer Walk

There are many ways you can go on a nature prayer walk - choose one that works for you. As you begin your walk, say a prayer. Ask God to show you the unique and ordinary in creation.

Quiet Walk - ask everyone to walk in silence, saying their own quiet prayer as they walk.

Pray As You Go - Walk together, when you come to something that catches your eye, say a prayer. It could be as simple as "Thank you God for this thing" or "Thank you God for this thing because it reminds me of _____."

Finding Objects - Use the Prayer Walk Handout to pray for specific things upon finding objects in nature. For younger ones, collect leaves, sticks, and other nature objects by sticking them on a piece of tape around their wrist. Instant prayer bracelet!

Can't go outside? Check out one of these virtual hikes in nature: buzzfeed.com/laurenkeary/virtual-hikes-visit-national-parks-online-quarantine

Shouting Prayer!

We often associate prayer with being quiet, but we can use our big voices too! You can Shout for Joy! You can Shout a Praise! You can Shout a Sadness. You may want to use instruments like a tambourine or shakers or drum. Example: Thank you, God! I love you, God!
You could shout a Psalm: "Shout for joy to the Lord, all the earth" Psalm 98:4, NIV

For more examples: <https://buildfaith.org/a-prayer-you-must-try-the-shouting-prayer>

YOU WILL NEED:

- *Nature Prayer Walk Handout*
- *Optional: loud instruments of any kind*



Nature Prayer Walk



Bird: Pray for someone important to you



Flower: Pray for those who care for others



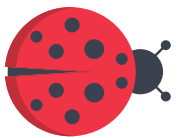
Evergreen Tree: Pray for leaders



Grass/Snow/Sand: Pray for teachers



Leaves: For your family



Bug: Pray for whatever - you choose!

What else can you find in nature?