

Lenten Prayer Walking Devotion

- 1) Sit, comfortably, both on the floor. Breathe deeply, taking several breaths and reaching in your spirit to God as you slowly inhale and exhale.
- 2) Tell God your fears.
- 3) Read Psalm 91:1-2, 9-10; Matthew 11:28-30
- 4) Recall ways God has protected you in the past. Think about the protection or the rest that only God can give that you need right now.
- 5) Begin your walk pondering God's protection and thinking about God as your refuge.
 - Try to take a route that will be a walk of at least 30 minutes, if you are able.
 - As you walk, give your spirit up to God and call on God to protect your neighborhood.
 - Also lift up to God whatever concerns are on your mind. Be specific as you pray.
 - Finally, as you walk and feel the wind rush over you and feel the sun on your skin, receive God's blessings.
- 6) When you conclude your walk, again, read Psalm 91:1-2, 9-10 & Matthew 11:28-30