

## Organizing a Prayer Walk

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# Organizing a Prayer Walk

## **What is a Prayer Walk?**

Before the Fall, Adam and Eve were able to walk with God in Paradise. They could talk with Him — free of worldly distractions, anxieties, and other temptations. During His ministry on earth, Jesus modeled prayer for us. Because of His sacrifice on the cross, our relationship with God has been restored. After Jesus ascended into heaven, the Holy Spirit was poured out upon God's people to intercede and foster our faith. We are free to talk to the Triune God, share our burdens and cares with Him, listen to His responses, and enjoy spiritual renewal in our "walk" with Him.

Most of you have likely taken part in a Prayer Walk and view it as an interactive tool to use in a group setting for the purpose of practicing and encouraging individual prayer time. Walks are organized with participants pausing at several "stations" to focus on a prayer exercise. To determine the number of stations and how you might plan a Prayer Walk, consider these factors:

## **Who will be participating?**

## **What is your time schedule?**

## **Where will it be located?** Inside or outdoors?

Are all areas handicap accessible?

Is this a factor for your group?

## **What materials will you need?** Do you have tables/chairs at which participants can pause while completing the station exercise?

Will you have a place for materials at each "station" or do participants need to carry what they will use?

Next, think about how you might include your event's theme and/or Scripture verse(s) in the Prayer Walk. You might find reading the context for the Scripture verse(s) helpful.

Theme:

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Total Time:

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Location(s):

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Materials:

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Once you have established your time schedule, location, and theme/intent, you are ready to start choosing ideas for your Prayer Walk. Pages 7-14 introduce four categories of prayer station ideas. Organizers may choose multiple ideas from one category or one idea from each of the four categories.



# Preparing and Beginning the Walk

## Planning the Start of the Walk

If your entire group is starting the Prayer Walk at the same time, it might be good to divide into smaller groups and have each small group start at a different station. A staggered start time is another option, along with doing it during “free” time so participants go through at their own pace.

## Preparing the Walk

Organize each station, as desired, with necessary materials, handouts, and instructions. Pray Psalm 19:14 over each station: *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.*

## Beginning the Walk

Have the Prayer Walk facilitator introduce herself (or himself) to the group. This person will be a “floater” during the Walk as a source of answers to questions or general help if needed. For a successful Prayer Walk, the facilitator needs to communicate a clear description of the process and how it will be accomplished. For example: “We are now going to participate in a Prayer Walk. The purpose of this time is for individual conversation with your Maker, Redeemer, and Sanctifier. There are (number of stations) stations for you to visit. You will have (amount of time) dedicated to each station. The materials needed are located at each station (or direct participants’ attention to a handout you would like them to take along). Follow the instructions for each exercise. If you have any questions or needs during the Prayer Walk, I will be happy to help. As you spend time at each station, remember: the objective is not to complete each exercise; the purpose of these prayer practices is to help you engage in personal conversation with the Persons of the Trinity. There will be time for fellowship afterward, so please refrain from talking to other participants unless necessary. Let’s begin our Walk with a word of prayer ...”

If you are introducing “experimental” exercises at any of your stations, I would encourage you to remind participants that some of these “new” prayer practices might feel awkward. The Holy Spirit can use those uncomfortable practices for spiritual growth, so approach them with an open mind and heart. It doesn’t hurt to try!

# Prayer Walk Stations

The following pages contain ideas for interactive exercises for use in your Prayer Walk. They are organized into four different categories: Devotion/Prayer, Interactive Scripture, Mission Service, and Visual Prayer.

There are a total of ten station ideas. Select as many as are conducive to the time schedule and venue space available. Choose from one category or mix up an assortment of activities (see examples below). Allow approximately 7-8 minutes per station for a 30-minute prayer walk. If time allows, consider allowing 10 minutes or more for each exercise and encourage participants to share ideas at each station, when appropriate.

## Example 1: Using one example from each of the different categories

- Station 1. Devotion/Prayer Station  
Choose an LWML devotion and encourage participants to summarize the devotion in one or two sentences.
- Station 2. Interactive Scripture Station  
Using the theme verse, direct participants to take deep breaths or stretch as they recite the verse.
- Station 3. Mission Service Station  
Color/write cards for missionaries or ingathering recipients.
- Station 4. Visual Prayer Station  
Write prayer requests on an image of hands and then pray Luther's Morning Prayer.

## Example 2: Using multiple activities from a single category

### Mission Service Category

- Station 1. Color LWML cards or bookmarks for students.
- Station 2. Create "lunch hugs" to be included in school lunches or on nursing home trays.
- Station 3. Pray for the recipients of the items from the ingathering or service activity.

Finally, the exercises provided in this resource are just a guide — a starting point. Please do not feel overwhelmed or restricted by these station ideas. If you have questions about any of these practices, consider "workshopping" or practicing your Prayer Walk with a fellow leader or event-planning team before finalizing the Walk. Also, you may want to incorporate additional stations that you have used at other meetings/events and that would enhance the effectiveness and theme of your Prayer Walk!

## Devotion/Prayer Station

**Materials:** handout with printed devotion or Bible verses in journaling format, pens or pencils.

Consider these possibilities:

- Ask your LWML Pastoral Counselor to write a short devotion and prayer based on your theme.
- Use the theme Bible verse(s) for your event.
- Use an LWML devotion. You can search LWML Program Resources by topic [\*here\*](#).

Do some journaling. You could use this format.

### Example:

- 1.** Read the devotion or portion of Scripture.

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)

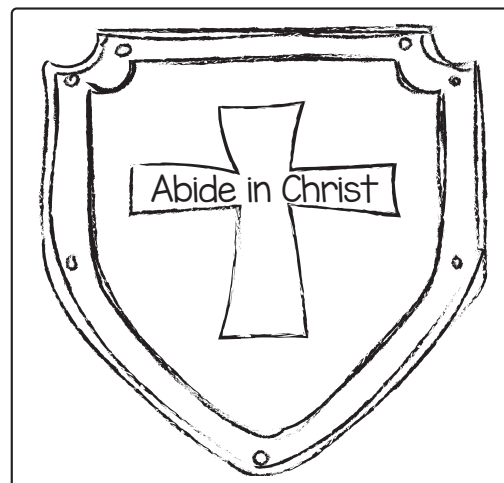
- 2.** In one or two sentences, summarize this devotion or portion of Scripture.

God guards our hearts and minds in Christ. THAT is His peace.

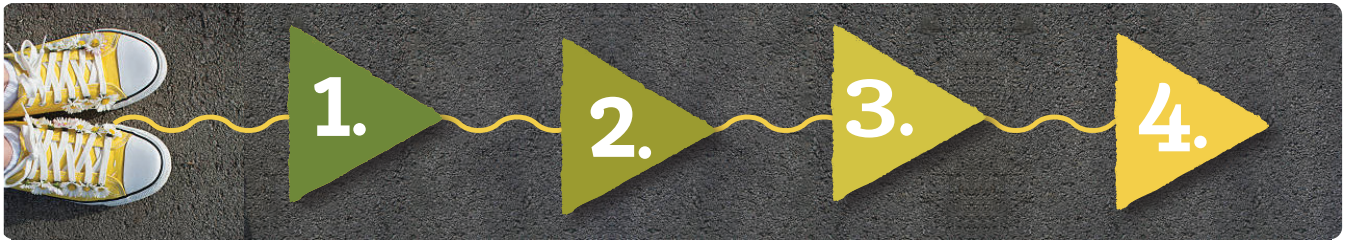
- 3.** In three words or less summarize this devotion.

Abide In Christ

- 4.** Are there any word pictures in this devotion? Draw a picture or create word art that summarizes the images.



## Devotion/Prayer Station



**1.** Read the devotion or portion of Scripture.

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**2.** In one or two sentences, summarize this devotion or portion of Scripture.

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**3.** In three words or less summarize this devotion.

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**4.** Are there any word pictures in this devotion?  
Draw a picture or create word art that summarizes the images.

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# Interactive Scripture Station

**Materials:** handout with printed Bible verse(s) and instructions, pens or pencils.

Consider these possibilities:

- Use familiar Bible verses and direct participants to take deep breaths and/or stretch as they recite/read them. An article explaining this discipline is found in the Summer 2020 issue of the *Lutheran Woman's Quarterly* titled **Scripture Breathing**.
- Pray Personalized Scripture — participants personalize Bible verses by including their name after the pronouns.

**Some other suggested verses:**

Jeremiah 31:3b, Jeremiah 29:11, 1 Timothy 1:14, 1 Corinthians 3:16,  
Psalm 50:15, Psalm 18:2, Matthew 11:29–30, Psalm 91:11.



## Interactive Scripture Station

### John 15:9–11

*“As the Father has loved me, so have I loved \_\_\_\_\_.*

*(your name)*

*Abide in my love. If \_\_\_\_\_ keep my commandments,*

*(your name)*

*\_\_\_\_\_ will abide in my love, just as I have kept*

*(your name)*

*my Father’s commandments and abide in his love. These things I have*

*spoken to \_\_\_\_\_, that my joy may be in \_\_\_\_\_,*

*(your name)*

*(your name)*

*and that your joy \_\_\_\_\_ may be full.”*

*(your name)*



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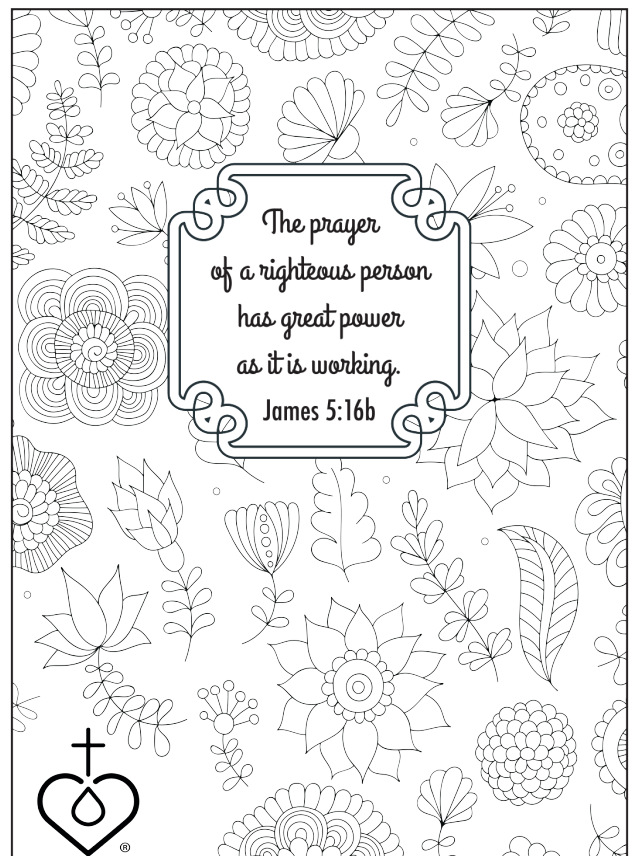
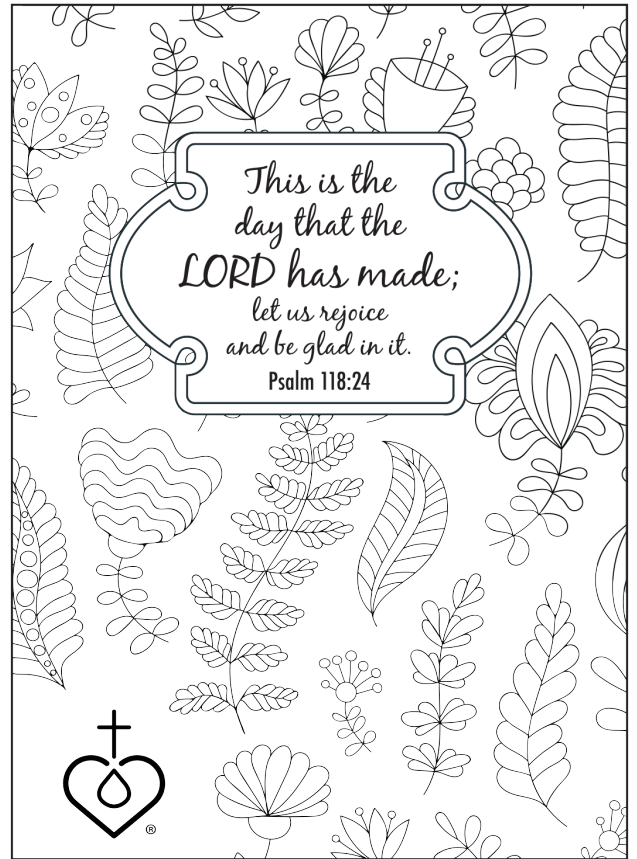
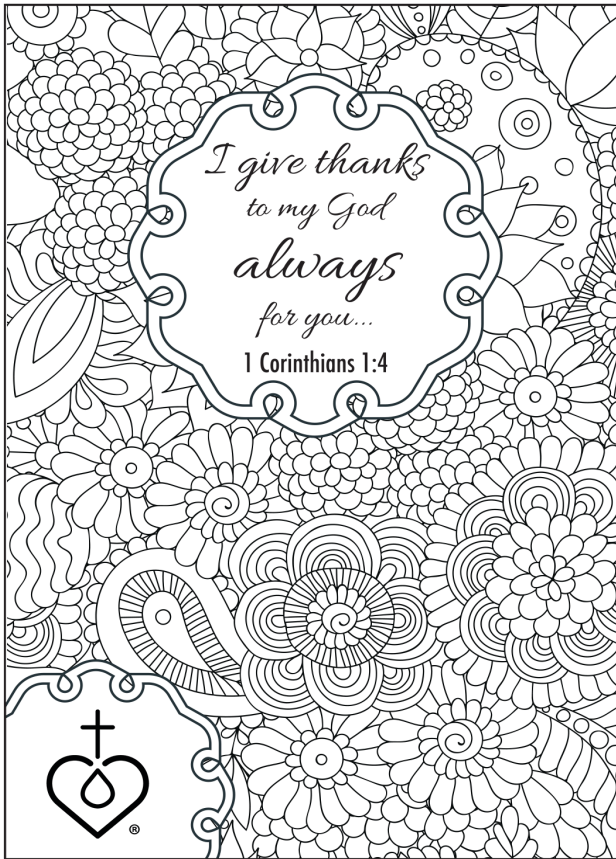
# Mission Service Station

**Materials:** printed cards or bookmarks, pens or pencils, colored pencils or fine line markers.

Consider these possibilities:

- If the venue allows for a place to have materials available, participants will color and/or write cards for missionaries, students, shut-ins, or people on their prayer list. A variety of cards and bookmarks (LWML Coloring Sets) are available to download and print on the [LWML website](http://lwml.org) ([lwml.org](http://lwml.org)).
- Other resources, including “Lunch Hugs” (cards to include in school lunches), Scripture Memory Card Sets, and Prayer Cards, are available to download and print for free at [Visual Faith Ministries](http://www.visualfaithministries.com).
- If there is an Ingathering at this event, use the collection area as a station so participants can pray for the organization and recipients of the items. If the organization allows, consider having participants write “Jesus loves you” on the packaging, or attaching handwritten notes or [Mustard Seed Devotions](http://www.mustardseeddevotions.com).

Materials for Ingathering area option: Sharpies if writing on packaging, adhesive notes, or tape; [Mustard Seed Devotions](http://www.mustardseeddevotions.com).



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# Visual Prayer Station

This prayer practice includes a pause, prayer, and a visual element. In the pause, prayer can become more like a two-way conversation, instead of a monologue.

Consider these possibilities:

Praying Hands Activity .....Page 14

Two-Color Prayer Activity .....Page 16

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# Praying Hands Activity

**Materials:** praying hands handout with instructions, pens or pencils.

Participants write prayer requests on an image of hands and then pray Luther's Morning Prayer, particularly "into Your hands I commend myself, my body and soul and all things."

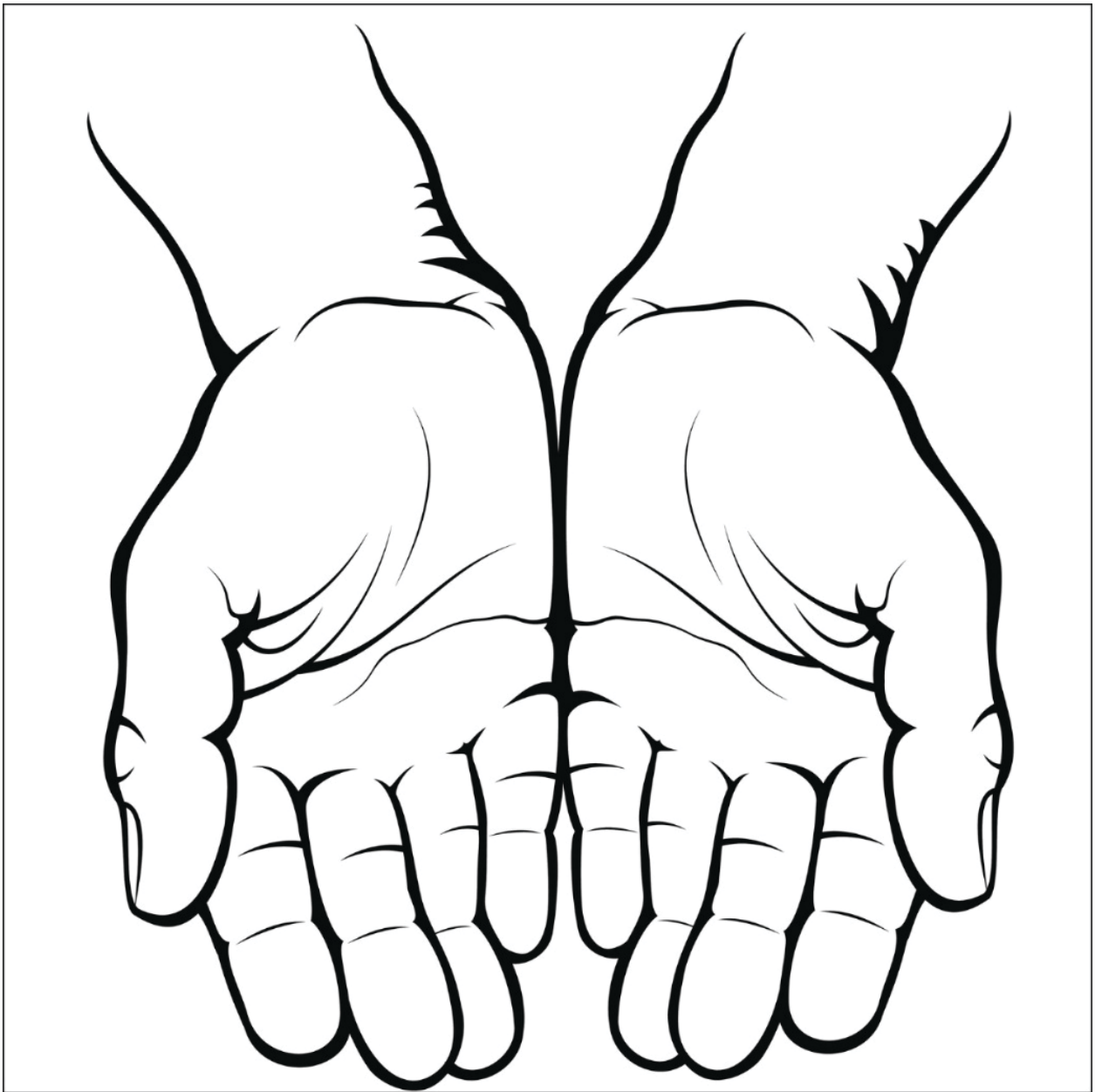
Write your prayer requests inside the hands on this page — giving them to God — and pray Luther's Morning Prayer.

In the name of the Father and of the Son † and of the Holy Spirit. Amen.

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. **For into Your hands I commend myself, my body and soul and all things.** Let Your holy angel be with me, that the evil foe may have no power over me. Amen.



## Praying Hands Activity



In the name of the Father and of the Son † and of the Holy Spirit. Amen.

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. **For into Your hands I commend myself, my body and soul and all things.** Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

# Two-Color Prayer Activity

**Materials:** handout with printed Bible verses and instructions, colored pens.

Participants read a Bible verse or verses and respond to a prompt with one pen color, then respond from the truths found in God's Word with another pen color. The Bible verse(s) can be chosen to fit a theme or you can use the following example:

1 Peter 5:6–7 says, *Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.*

**Prompt:** In one pen color, list your anxieties/cares. Using another pen color, write truths from God's Word on top of the things you listed. Think of it as how God speaks to you about your anxieties. (e.g., He will provide for me; He cares for me; He loves me; I am His child.) When you are finished, say a prayer of thanksgiving for God's faithfulness.

## Two-Color Prayer Activity

**1 Peter 5:6–7** says, *“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”*

My anxieties/cares:	Truths from God’s Word:

Say a prayer of thanksgiving for God’s faithfulness!

# Secret Code Prayer Activity

**Materials:** handout with instructions, a half-sheet of graph paper (or grid index card) per participant, pens or pencils.

Participants write out a prayer on graph paper. Each letter is written in a square. No spaces or punctuation is used. Have participants write in all caps or lowercase letters. This exercise allows for more intentional prayer and more focus.

O	U	R	F	A	T	H	E	R	W	H	O	A
R	T	I	N	H	E	A	V	E	N	H	A	L
L	O	W	E	D	B	E	T	H	Y	N	A	M
E	T	H	Y	K	I	N	G	D	O	M	C	O
M	E	T	H	Y	W	I	L	L	B	E	D	O
N	E	O	N	E	A	R	T	H	A	S	I	T
I	S	I	N	H	E	A	V	E	N	G	I	V
E	U	S	T	H	I	S	D	A	Y	O	U	R
D	A	I	L	Y	B	R	E	A	D	A	N	D
F	O	R	G	I	V	E	U	S	O	U	R	T
R	E	S	P	A	S	S	E	S	A	S	W	E
F	O	R	G	I	V	E	T	H	O	S	E	W
H	O	T	R	E	S	P	A	S	S	A	G	A
I	N	S	T	U	S	A	N	D	L	E	A	D
U	S	N	O	T	I	N	T	O	T	E	M	P
T	A	T	I	O	N	B	U	T	D	E	L	I
V	E	R	U	S	F	R	O	M	E	V	I	L
F	O	R	T	H	I	N	E	I	S	T	H	E
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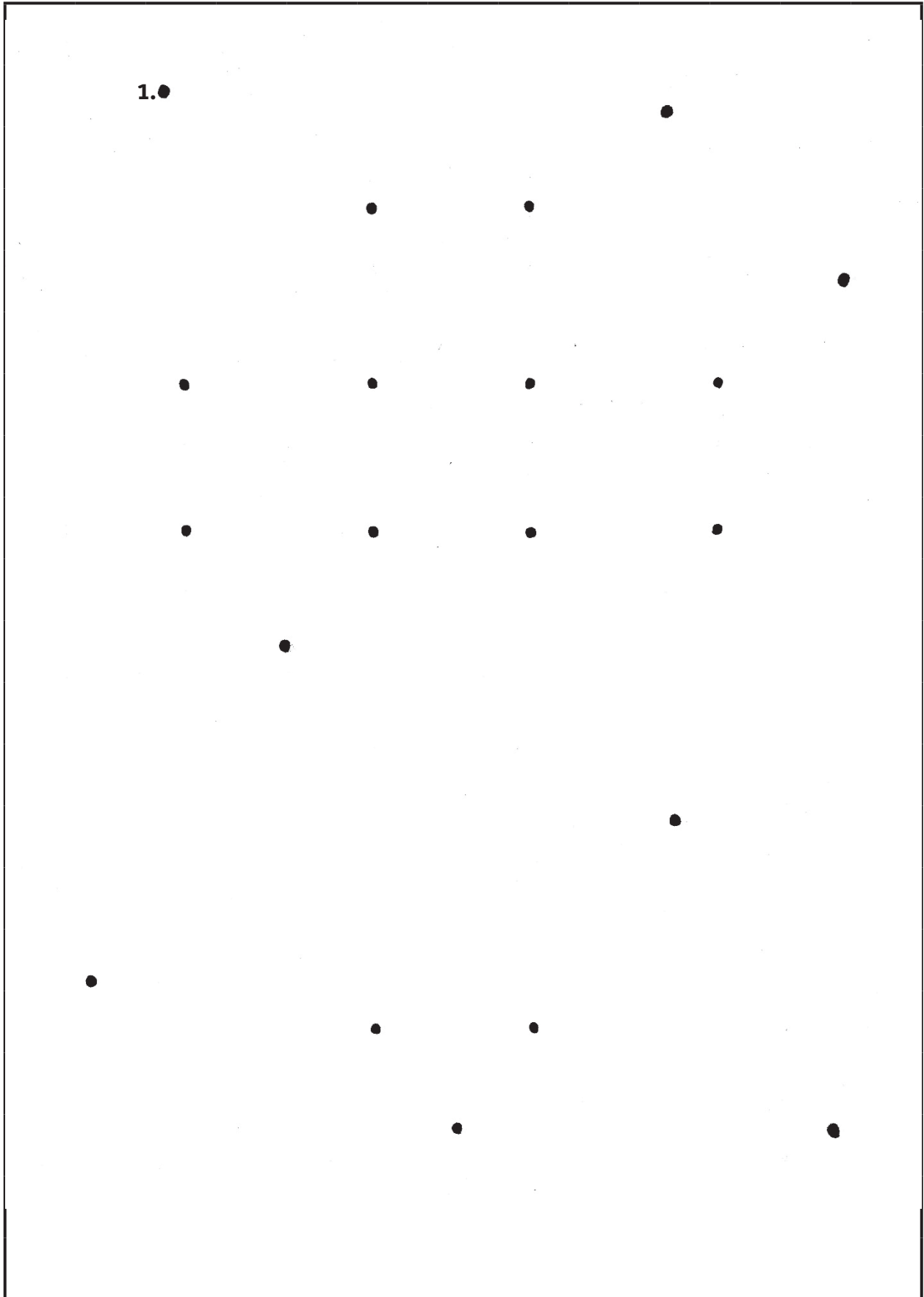
# Dot-to-Dot Prayer Activity

**Materials:** dot-to-dot handout with instruction, pens or pencils, handout with a Psalm printed on it or Bibles with the designated Psalm marked.

Participants recite a prayer or read a portion of Scripture as they connect dots on a piece of paper. At each dot pause slightly in the prayer or reading.

**Example: Read Psalm 51.** Start on the first dot as you read the first verse, then draw a line to another dot and read the next verse, repeating until you have read the entire Psalm. You will find that engaging with a kinesthetic element will slow down the prayer or reading and help you focus on the words.

## Dot-to-Dot Prayer Activity



# Closing Thoughts

Even though there are many LWML groups all across the globe, we are unified by our faith in Christ. Now, more than ever, we are connecting and communicating through social media.

Would you consider asking your group to share their Prayer Walk experience(s) in a positive post? It can be a source of encouragement to others planning future Prayer Walks or an inspiration to those who had not considered this activity. Including the link to this resource, [www.lwml.org/posts/litany/walking-in-prayer](http://www.lwml.org/posts/litany/walking-in-prayer), or the [lwml.org](http://lwml.org) web address would be helpful; use hashtag #lwmlprayerwalk.

As your women walk through these prayer practices, may their relationship with the Triune God be strengthened so they can joyfully serve Him with gladness!

*Now may the God of peace ... equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen (Hebrews 13:20–21).*

Blessings on creating and administering your Prayer Walk.

Bible verses are taken from the ESV translation unless otherwise noted.

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