



Faith in the Family Prayer Walk

BY BELINDA BOST, WITH EDEN KEEFE, CHRISTIAN LIVING EDITOR

With summer comes a new rhythm. School is out. There may be vacations, play days, childcare, and visitors. A project with intergenerational appeal — and a faith element — might be just what your summer needs! Belinda Bost has put together a Faith in the Family Prayer Walk that you can do, at home or away, with friends and family members. Join me, and see what she has planned.



This Faith in the Family project will take place in our neighborhoods, our communities, churches, schools, parks, playgrounds, and even on vacations. It is a prayer walk that

includes leaving behind painted rocks to bless those who find them.

Here is how to get started: You will need some rocks. You can find examples of painted rocks on Pinterest or simply write “Jesus Loves You” or “I Prayed for You” using a permanent marker. While painting them, meditate on Psalm 119:105, *Your word is a lamp to my feet and a light to my path.* Pray that His light will lead you

to the places to pray. When they are dry, spray rocks with a sealer.

A prayer walk is a form of intercessory prayer — praying for the needs of others. Walk around a location and pray for each person, each house, each gathering place, and each need you discern. Take some rocks that you have painted. As you walk, say silent prayers; leave a rock.

If you see a bench, pray for those who will sit upon it. Place a prayer rock there.

If you see bicycles in the yard, pray for the safety of the riders. Place a prayer rock nearby.

Pray for the folks in your neighborhood. Maybe you know of a specific prayer need. Place a prayer rock in a flower bed or on a porch.

At a local park, pray for the safety of all who are there. Leave a prayer rock.

In your church, pray for those who will gather. Pray for the pastor. Leave a prayer rock outside his office door.

Pray for God’s blessings and protection over your own home. Leave a rock for someone else to find.

A painted prayer rock, with a message of hope and love, for people to find, to pick up and hold, or maybe even share with someone else, connects the head, heart, and soul and blesses both the one who prays and the one who receives. If you want to share photos of faith rocks you have painted or found, post them on Instagram *#faithinthefamilyrocks*. *Q*

Belinda Bost is the Children’s Ministry Leader at Concordia Lutheran Church and School, in Conover, North Carolina. Follow her on Instagram (@beebest) and on Facebook (*All Things Children’s Ministry*). Connect with her on her two blogs: www.allthingschildrensministry.blogspot.com and linktr.ee/beebest.