

Prayer Walk Guide

You are invited, and even encouraged, to spend some time on the church grounds during Lent (and beyond), taking time to stop, reflect and pray. Your prayer walk might include the following stops:

1. **By the sanctuary doors:**

"Love your neighbor as yourself" [Mark 12:31]

Reflect on hospitality, receiving and extending God's welcome to others. Open hearts. Open minds. Open doors.

2. **Memorial Garden**

"Be still and know that I am God" [Psalm 46:10]

"Come to me all you that are weary and are carrying heavy burdens and I will give you rest" [Matthew 11:28]

This is a holy place that reminds us of what was, what is, and what will be. Reflect on the church as it was and how it might be. Remember those who came before us, both at Faith UMC and elsewhere.

3. **Blessing Box** (on the east side of the education wing)

"Give to others and God will give to you. Indeed, you will receive a full measure, a generous helping, poured into your hands – all that you can hold. The measure you use for others is the one that God will use for you." [Luke 6:38]

This is a place where folks with need might have that need filled, where folks with abundance can share. Reflect on what it means to be the hands and feet of Christ in the world

4. **By the playground**

Jesus said, "Let the little children come unto me, and do not hinder them, for the kingdom of heaven belongs to such as these". [Matthew 19:14].

Remember the children of our church and that we are all children of God. Reflect on the future of the church.

5. **Chapel in the Woods Table**

"All the believers continued together in close fellowship and shared their belongings with one another. They would sell their property and possessions and distribute the money among all, according to what each one needed. Day after day they met as a group in the Temple, and they had their meals together in their homes, eating with glad and humble hearts, praising God and enjoying the goodwill of all the people." [Acts 2:44-47]

Reflect on what it means to gather at the table, bringing the body together to worship and break bread together.

6. **Woods along the walk on the west side of the sanctuary**

"God looked at everything he had made and was very pleased" [Genesis 1:31]

Reflect on the blessing and beauty of God's creation and the tension of being in the world and not of it. What can we do to be better stewards of the earth?

7. **Sign out on Montrose Road**

"You are like salt for the whole human race" [Matthew 5:13] "You are like light for the whole world" [Matthew 5:14] Salt acts as a preservative to stop the decaying of food. Can we act as a preservative to slow down the decay of the human race? Can we bring light to those who cannot "see" to help them understand the meaning of Jesus' words? Reflect on our call to be salt and light in a busy world

You might go on your prayer walk alone or with one or two others. While we may not be able to physically gather during the covid-19 pandemic, a walk around our church may also help you to remember and reconnect with our larger church community.

See [https://share.icloud.com/photos/02Rp65Y5RPIYqdH6hsbELCf_A#North_Bethesda -
_Tilden_Woods](https://share.icloud.com/photos/02Rp65Y5RPIYqdH6hsbELCf_A#North_Bethesda_-_Tilden_Woods) for a four minute video of the first five stops of the walk.