

PRAYER WALK



created by captain Pamela Maynor

INTRODUCTION

Someone once said, “*If life gets too hard to stand... KNEEL.*”

It’s been a difficult year, and maybe you’re struggling to ‘stand’ through it all. God understands. He sees everything you are going through and He invites you to pray.

This booklet is filled with a variety of prayer activities that you can engage in. It is yours to keep—what you write here is between you and God.

Each prayer table is centered around a different theme:

- God is our *HELPER*
- God is our *OVERCOMER*
- God is our *PROVIDER*
- God is our *Encourager*

Take time to stop and be with Jesus. Talk to Him, but listen, too. You are His daughter, and He longs to communicate with you.

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” (Jeremiah 33:3)

H — God is our HELPER

We have HOPE, because God is our **Helper**.

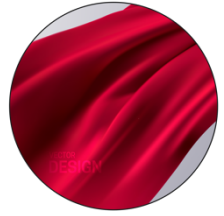
Have you ever felt as if the weight of life has been too much to bear? This year especially, the heaviness of stress, loneliness and worry may have felt too much to bear.



Read Psalm 121:1-2 (NIV):

*“I lift my eyes to the mountains—where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.”*

- Put a plastic glove on and scoop a pile of soil in a bowl. As you feel the soil in your bowl, close your eyes and picture a beautiful range of mountains—tall in height and vast in breadth.
- Have you ever felt that help has been as far and distant as those mountains are? Why?
- How have you needed help? Tell God about that.
- God has promised to be your helper! He is not far away. **Isaiah 41:13 (ESV)** says *“For I, the Lord your God, hold your right hand; it is I who say to you, ‘Fear not, for I am the One who helps you.’”* Spend time thanking and praising God for being your helper.



Read Psalm 121:3-4 (NIV):

*“He will not let your foot slip—He who watches over you will not slumber;
Indeed, He who watches over you will not slumber nor sleep.”*

- Take a piece of fabric from the table which serves as a reminder of a blanket we may sleep under.
- As you hold the piece of fabric, meditate on the fact that God does not sleep. Not a day goes by when He is not watching you or knows what you are facing. He is your helper!
- How does it make you feel that God never sleeps, but is watching over you? Tell God.



Read Psalm 121:5-6 (NIV):

“The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.”

- Take an umbrella from the table, open it and stand/sit under it. Consider the shade an umbrella gives us from the hot sun or the pelting rain.
- How is God your shade? What has He protected you from? Make a list of those things here, as a declaration of praise and thanks.

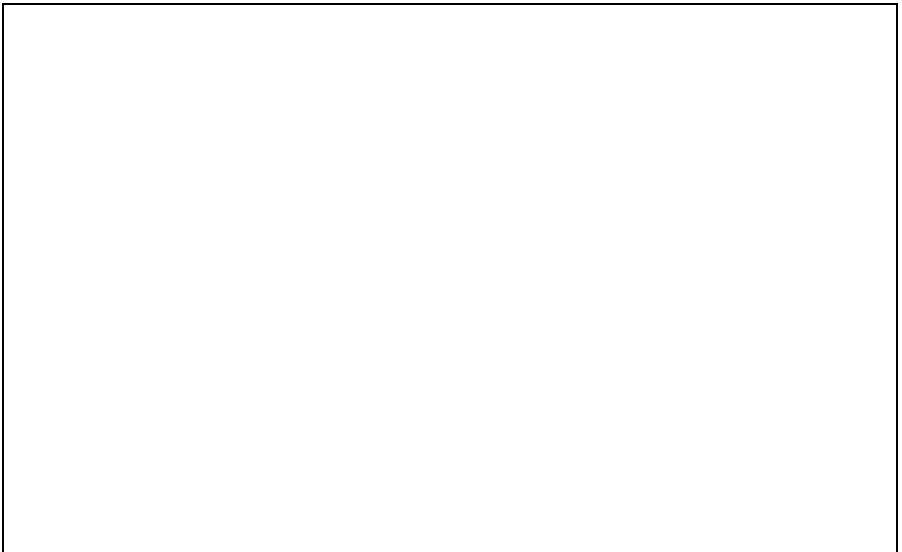
- Have there been times you haven't run to God as your shade? Why didn't you? Tell God about that.
- **Psalm 91:4** says, *"He will cover you with His feathers. He will shelter you with His winds. His faithful promises are your armor and protection."* Tell God what this means to you.
- Please use a disinfectant wipe to wipe the umbrella handle before returning it to the table.



Read Psalm 121:7-8 (NIV):

“The Lord will keep you from all harm—He will watch over your life; The Lord will watch over your coming and going both now and forevermore.”

- God knows every difficult day, stressful moment, and challenge you have faced in life. God will watch over you *“both now and forevermore.”* Tell God how that makes you feel.
- Take one of the Bible verses that are displayed on the table—this is for you to keep. This verse speaks about God being your helper. Read the verse and claim it in your own life.
- In **Psalm 54:4 (ESV)**, David declares *“God is my helper; the Lord is the upholder in my life.”* Picture God holding you up right now. Write words in this block below that describe how that makes you feel.



🌀 — God is our **OVERCOMER**

We have HOPE, because God is our **Overcomer**.

Jesus Christ overcame death on the cross (**2 Timothy 1:10**) and has given us the power to be overcomers, too.

Through Jesus, we can overcome **evil**.

Read Romans 12:21 (NIV)

“Do not be overcome by evil, but overcome evil with good.”

Through Jesus, we can overcome **sin**.

Read 1 John 4:4 (NIV)

“You dear children, are from God and have overcome them, because the One who is in you is greater than the one who is in the world.”

Through Jesus, we can overcome **fear**.

Read 1 John 4: 18 (NIV)

“There is no fear in love. But perfect love drives our fear, because fear has to do with punishment. The one who fears is not made in perfect love.”

Through Jesus, we can overcome **worry**.

1 Peter 5:7 (NLT)

“Give all your worries and cares to God, for He cares about you.”

Through Jesus, we can overcome **insecurity**.

Joshua 1:9 (NLT)

“This is my command—be strong and courageous! Do not be

afraid or discouraged. For the Lord your God is with you wherever you go.”

At this table, you will find permanent markers and a white tablecloth. Take time to write on the tablecloth the things God is helping you overcome in your life. It could be something listed above, or something not mentioned. You can also write a Bible verse, and your praises to God!

Please disinfect your permanent marker after use.

Then take a Bible verse that will help remind you of God’s calling on your life to be an overcomer!



P – God is our PROVIDER



We have HOPE, because God is our **Provider**.

It's not always easy to trust God with our needs, especially when we can't see *how* or *when* He will provide. But the promise in Philippians 4:19 is true: *“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”*

Read Matthew 6: 26 – 27(NIV):

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can one of you by worrying add a single hour to your life?”

- Take one of the birds on the table. Consider what the life of a bird must be like. You don't see birds stressing over their hair, their shoes or their budget! What can you learn from the bird?
- Talk to God about the things that are causing you to worry in your life right now. Write the list of your worries here:

- Now read each item you wrote down and begin with “Jesus, I trust you to provide for _____”

Read Matthew 6: 28 – 30 (NIV):



“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow us thrown into the fire, which is here today and tomorrow is thrown into the fire, will He not much more clothe you—you of little faith?”

- Look at the clothing items and the flowers displayed on the table. Think about the difference between us clothing ourselves and God clothing the flowers. How do they differ?
- Take a flower from the table and look at its intricate colors, design and patterns. No one but God could have created something so beautiful. Write a prayer to God here, thanking Him for the detailed and creative way God provides for you:

Read Matthew 6: 31 – 34 (NIV):



“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things

will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

- As you look at the bread and water on the table, think about the times you may have worried about food or other needs. Verse 32 says, *"your Heavenly Father knows that you need them."* Talk to God about why you worry when He knows what you need.
- In John 6:35 Jesus said, *"I am the bread of life. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty."* Jesus is all we need—He is our bread of life. Ask Jesus how you can "seek Him first" in your life?
- We can trust God as our Provider. Take a Bible verse from the table. Each verse is about God providing for us. Read it, believe it and claim it!



🎶 — God is our ENCOURAGER

We have HOPE, because God is our **Encourager**.

The Bible is full of encouragement from the heart of God. The items on this table represent who God says you are—they are encouraging words that are truth and can be claimed in your life.

Look at each item on the table and use them to pray:

You are a masterpiece!



Look at the mirror.

Read Ephesians 2:10 (NLT)

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.”

- You are God’s work of art. How does that make you feel? Tell Jesus.

You are loved!



Look at the cross.

Read Jeremiah 31:3 (NLT)

“I have loved you, My people, with an everlasting love. With unfailing love I have drawn you to Myself.”

- Jesus loves you so much that He died on a cross for you! Nothing you can do will make God love you more. And nothing you can do will make God love you less. He loves you with an *everlasting love*. List some of the reasons you love God:

You are light!



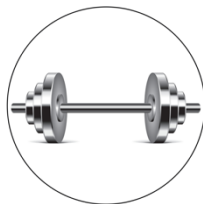
Look at the candle.

Read Matthew 5:14 (NLT)

“You are the light of the world—like a city on a hilltop that cannot be hidden.”

- How are you shining for Jesus?
- Are there ways Jesus wants you to shine brighter for Him?

You are strong!



Look at the dumbbell.

Read Psalm 18:32 (NIV)

“It is God who arms me with strength and keeps my way secure.”

- What has God given you strength to do? Write words or draw objects to represent that below. Spend time thanking Him.

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You are forgiven!



Look at the bowl of water.

Read 2 Corinthians 5:17 (NLT)

“...anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

- In the left column, draw pictures or write words that describe your old life. In the right column, draw pictures or write words that describe your new life. Thank Jesus for the work He has done and continues to do in you!

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You are made whole!



Look at the puzzle.

Read Colossians 2:10 (NLT)

“So you also are complete through your union with Christ, who is the head over every ruler and authority.”

- How does it make you feel that God has made you complete/whole? Tell Jesus.

You are not alone!



Look at the Bible.

Read: Deuteronomy 31:8 (NLT)

“Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you nor abandon you.”

- God encourages us through His Word! Is there someone in your life God wants you to share this verse with?
- Take a Bible verse from the table. Each verse is about God encouraging us. Read it, believe it and claim it!



CONCLUSION

Despite every difficult situation and unforeseen struggles we faced this year, we can claim HOPE because of who Jesus is! His presence is with us, through every high and every low.

Rejoice that God is your **Helper**, your **Overcomer**, your **Provider** and your **Encourager**.

As you go home, continue spending time with Jesus. Life may be busy, but dedicate a time—intentional time—that you can spend with Jesus. Select a time and a place, every day, that you can be quiet in His presence. Talk to Him. Listen to Him. Read His Word. You are so precious to God and He longs to be in relationship with you.

When I go home, my TIME and my PLACE to spend time with God will be:

TIME: _____

PLACE: _____



Spending time with Jesus isn't a chore or work—we cannot earn God's love or His forgiveness. Spending time with Jesus is a joy—He wants to listen, but He also wants to speak to you. Let's not miss out!

“Come near to God and He will come near to you.”
(James 4:8a, NIV)