

Palm Sunday

How to take a prayer walk

On Palm Sunday we remember Jesus' triumphal entry into Jerusalem. An important part of our worship in church on Palm Sunday in many churches is a procession whilst singing hymns. Movement can be a good aid to our prayer lives and a prayer walk can add a new way of praying to our spiritual inventory. You don't need to walk very far- the focus on prayer is the important part. If you are unable to walk you could always go for a prayer drive on a mobility scooter or complete your chosen route in a wheelchair. Here are some tips to plan and carry out your own walk:

Before you go on a prayer walk

- You might like to plan a route in your local area- this can help you to stay focussed on praying without worrying about where you are walking.
- Make sure you wear appropriate clothing and footwear- this will help you stop being so distracted by terrain and weather conditions.
- Take some water and a snack- feeling hungry or thirsty might not be conducive to prayerful walking.
- Go to the loo before you go- a full bladder will not focus the mind on prayer!
- You might like to take a list of people/ issues to pray for on your walk.
- Pray that the Holy Spirit might be with you and inspire your prayers.

Whilst on your walk

- Praying for your local community can be a powerful way part being a Christian. To this end keep your eyes open and be alert as you walk.
- Use things in the environment to help direct your prayers. For example, see a for sale sign in someone's garden? Why not pray for the family who live there and the family who will move in. See a bench? You could pray for God's blessings upon those who sit on it next. See a playpark? You might want to pray for the children that use it and their families. The list is endless!

- Make note of anything you would like to pray for on a longer-term basis or anything that you think might be important for your church to pray about.
- Take pictures as you walk- you could use these as part of a prayer journal or print them out as prayer reminders.
- If your walk takes in a park or the countryside you could collect some of the natural world (such as leaves or pebbles) to use in prayer-based arts or craft activities.
- If possible, you might like to stop midway for a rest or refreshments and give thanks to God for the gifts that you have been given.

After your walk

- Give thanks to God for your walk and the things you have seen and experienced.
- Ask that your prayers on the walk might be answered.
- Make notes of anything that you felt was God speaking to your heart as you walked.