



## Take a Family Prayer Walk

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Families will take a brief prayer walk to give their worries to God (Psalm 46:1–3, 7; Isaiah 41:10a; 1 Peter 5:7).

### SUPPLIES

Bible

Leaves (or images of leaves)

Paper, markers

Smooth stones (1 for each child)

Clear glass or bowl of water

Paper (1/2 sheet for each child)

Pencils or markers

Small bowl of oil (such as olive or vegetable oil)

Pencils or markers

Kid's Page

### Prayer Walk

Pick out five different places for your prayer walk stations. At each place you will do a different activity. If you can't go outside, this prayer walk can be done in a house or even in different places in a single room.

This activity teaches children that they can trust God—even when their lives are difficult. You will need to prepare for this activity ahead of time, so read the whole activity so you can prepare the supplies you need.

**Note:** You will see both bold and regular type. Bold type indicates things to read out loud to your children. Regular type indicates information for you, the leader/parent.

### Leader/Parent Devotion



Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.  
Ephesians 3:20–21

It's easy to get so busy in our daily lives that praying becomes the last thing on our list. However, in these uncertain times, the best refuge is seeking strength, comfort and peace in God. This health crisis is not a surprise to Him, and He will use it to bring glory to His great name!

The best way to overcome any worry you may have about the current situation is to trust in God. So try starting each day with prayer. Find a private place where you can talk with God, praise Him, and share your requests. Ask for His wisdom as you lead your children in this prayer walk and ask Him to speak His message into their hearts—and yours.

As you pray, don't try to limit God by trying to figure out what He will do. Instead, surrender the prayer walk and your children to God. Release your own expectations and have confidence that God will work in ways beyond what you can imagine!

## Preparing the Prayer Walk Stations

Before you begin, set up the five prayer stations. Pick five different areas around your home or yard to set up these five areas as prayer stations. The children will walk from one station to the next. If possible, set up the stations far enough apart so there actually is a little walking involved.

**Leader/Parent Tip:** It is important that you participate with your children in the prayer walk. You can model for them how to talk with God about all the things that concern them. Also, if you are doing this at home, you could choose to do one station per day instead of all on one day. If you choose this option, you may still want to choose a different location for each station.

## Families will take a brief prayer walk to give their worries to God (Psalm 46:1–3, 7; Isaiah 41:10a; 1 Peter 5:7).

Let your children know that you are doing a prayer walk today. Start by asking them to describe a place they are familiar with, such as a mountain trail, a nearby street, or a favorite park. Encourage your children to imagine what this place looks like and pretend that they are there. Give them a minute to do that, and then remind them that God is in that place. Describe one or two more places, following the same process and reminding your child that God is in those places, too.

Explain to your children that no matter where they go, God is always with them. A prayer walk is a reminder of this and a time to be thankful that God is never far away, even when we are worried or afraid.

If possible, have a Bible with you during the walk so you can read the verses directly from the Bible.



## Station 1

Supplies: You will need leaves (or images of leaves). The optional activity uses a marker and a piece of paper.

If you can go outside, walk with your children to someplace where there are trees or bushes. Ask them to pick a leaf and look at it closely. If you can't go outside, look up a close-up image of a plant or leaf online. You want the children to be able to see lots of details, like the veins and different colors.

Share with your children how God made each of the leaves and each is a work of art. Ask them to look at their leaves.

**What makes it different from other leaves? Can you see the lines in it? Why do you think God cared enough to make leaves so special and beautiful when many leaves grow and die without anyone ever looking at them or thinking about their beauty? Do you think God cares for you more than He cares for leaves?**

*Optional activity:*

After you look at the leaves, help your children to make fingerprints using a marker and paper. Have your children color one finger with a marker until it is covered with lots of ink. Then, have them use that finger to make a fingerprint on the paper.

*End of optional activity*

**Look closely at one of your fingertips. Can you see the lines, ridges and swirls in it? No one else has the exact same fingerprint as you do. It is one of the ways God made you special and unique! Why do you think God cared enough to give each person one-of-a-kind fingerprints? He must care about you very much!**

**God knows that what is happening in the world right now with COVID-19 can be very scary. But He loves you and promises to be with you even in the hard times. You are much more important to Him than the leaves.**

If you used real leaves, ask the children to put their leaves in a pile and pray aloud asking God to keep them and their loved ones safe. When you are done with the activity, have your children move to the next station.



## Station 2

Supplies: You will need smooth stones (1 for each child) and a clear glass or bowl filled with water.

Ask your children to take a deep breath and let it out slowly. Repeat this slow breath three times. Then ask each kid to pick up a smooth stone and hold it in his or her hand.

There are lots of changes going on in our world right now. Schools are closed, and churches are closed. Some people don't have jobs. Maybe you have heard about COVID-19 and are afraid of getting sick. Maybe you worry about not getting to see your friends until the virus is over. What have you been worrying about? What have you been afraid of?

We're going to make the stone you are holding your "worry stone." Think about what has made you worried or afraid. That is the name of your worry.

Take a moment to pray with your children, asking God to take their worries and fears.

Now let's offer our worries or fears to God. Gently place your worry stone into the water. The water is like God's love. It surrounds our worries so we can let them go. God does not want us to worry, especially about things we have no control over.

Read this verse from Isaiah 41:

So do not be afraid. I am with you. Do not be terrified. I am your God.  
I will make you strong and help you.  
Isaiah 41:10a, NIRV

When you are done with the activity, have your children move to the next station.



### Station 3

Walk for about one minute to this new station. If you are doing the prayer walk inside, walk quietly in a circle for about a minute.

When you stop, explain that you are going to read a Bible verse out loud. The children should listen the first time you read it. Then you will repeat the verse, and they will act out parts.

Read Psalm 46:1–3 aloud. The second time you read it, pause where indicated for the children to act out what it would be like for that phrase to be happening.

**God is our refuge and strength, an ever-present help in trouble.  
Therefore we will not fear, though the earth give way (pause)  
and the mountains fall into the heart of the sea, (pause)  
though its waters roar and foam and the mountains quake with their surging (pause)**  
Psalm 46:1–3

Sometimes it feels like the earth is shaking or that mountains may fall into the sea. But God says that He is our refuge and strength. He is always with us to help in trouble. So even when people are getting sick or there is no school or church because of the virus, we can trust that God is ready to help us!

Now read the verses again, pausing after each line so the children can repeat the line after you. Go through the verses twice.

**God is our refuge and strength, an ever-present help in trouble.  
Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
though its waters roar and foam and the mountains quake with their surging  
The LORD Almighty is with us; the God of Jacob is our fortress.**  
Psalm 46:1–3, 7

After reading the verses twice, let the children close their eyes and think about what they say. They can pray quietly that God will help them remember this verse when they are scared or worried. When you are done with the activity, move to the next station.



## Station 4

Supplies: You will need a half sheet of paper for each child and markers or pencils.

Walk with your children for a minute or so. Then share the following with your children:

Tell your children that in this part of the prayer walk, it does not matter where you are walking. The important thing is who is walking beside you. Tell the children to imagine they are walking with a good friend who loves them very much. This friend makes them happy and makes the walk easier. This “someone” is Jesus.

Ask your children to close their eyes and remember things they know about Jesus. If they can’t remember anything, you can remind them of how He calmed the storm, healed the sick, and welcomed children into His arms. Remind your children that Jesus knows each of them by name.

Share the following with your children:

**Jesus was there at the creation of the world. In fact, the Bible says that Jesus is like the glue that holds all things together. There is nothing more powerful than Jesus! Though He is the all-powerful Son of God, He is also our friend. That gives us hope for every part of life—today and forever. We do not need to worry about COVID-19 or be afraid of what will happen because Jesus is walking with us.**

Have children listen as you read this verse twice:

**Turn all your worries over to him. He cares about you.**

**1 Peter 5:7, NIRV**

Now, offer each child a sheet of paper to write a poem or prayer on it. Give them time to complete this activity. Then ask them to quietly pray the words on their cards and thank Jesus for always walking with them.

**This paper is your prayer card. Keep this card with you and read it when you are feeling lonely or afraid. It will remind you that Jesus cares for you.**

When you are done with the activity, move to the next station.



## Station 5

Supplies: You will need some oil (such as olive or vegetable oil) in a small bowl.

As you arrive at this station, ask the children to close their eyes and use their imagination.

**Imagine you are walking up the steps to a great palace. This is more beautiful than the greatest building you have ever seen. You are going to a party that the King of the universe is having for a special guest. You come into the main hall and as the King welcomes you, you realize that you are His special guest.**

**Jesus, the King, tells you to sit here in this place of honor. In Bible times, people honored their guests by putting a little bit of oil on them. Priests used special, beautiful-smelling oil to mark things that were chosen for God.**

Have your children watch as you dip one finger in the oil and use it to draw a heart on the back of your hand. Then have the children do the same.

Explain to your children that God's presence is soothing like a wonderful fragrance. He has chosen each person in the world to be part of His family. God loves and cares for every person on the earth.

**Bad things happen in this world, like COVID-19. You may feel afraid of getting sick, or you may worry about your family and friends staying healthy. But remember that God is with you. He loves you no matter what happens. Thank God for surrounding you with His love.**

Say a short prayer thanking God for choosing you to be in His family. End by playing some worship music and praising the King who loves you so much!

["Great Are You Lord"](#) would be great song to finish your prayer walk.

When the song is over, read the Finishing the Prayer Walk section.



## Finishing the Prayer Walk

If you want, give your children the Kid's Page, which has the directions for them to take their own personal prayer walk.

As you end this activity, pray this blessing based on 1 Peter 5:7 over the children:

**Jesus is with you. He walks with you every day, and you can talk to Him any time by praying. May you give your worries to Him because He cares for you. May you remember that you do not have to be afraid because Jesus is with you. Pray to Him, and He will help you and give you peace. Thank God for promising never to leave you!**

