

Individual Prayer Walk

Before you begin, take a moment to center yourself and invite the Holy Spirit of God to accompany you, guiding your steps, your thoughts, and your words.

Opening Prayer

May I walk this day
in the realm of grace,
walking with you
my feet firmly on your earth-path,
my heart loving all as kindred,
my words and deeds alive with justice.

May I walk as blessing,
meeting blessing at every turn
in every challenge, blessing,
in all opposition, blessing,
in harm's way, blessing.

May I walk each step in this moment of grace, alert to hear you
and awake enough to say
a simple Yes.

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Taken from caminodesantiago.me

As you step out of your home recite the following psalm

Psalm 42

- 1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.
- 2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?
- 3 My tears have been my food day and night, *
while all day long they say to me,
Where now is your God?"

- 4 I pour out my soul when I think on these things; *
how I went with the multitude and led them into the house of God,
- 5 With the voice of praise and thanksgiving, *
among those who keep holy day.
- 6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.
- 8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of Hermon.
- 9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.
- 10 The LORD grants his loving-kindness in the daytime; *
in the night season his song is with me,
a prayer to the God of my life.
- 11 I will say to the God of my strength,
"Why have you forgotten me? *
and why do I go so heavily while the enemy oppresses me?"
- 12 While my bones are being broken, *
my enemies mock me to my face;
- 13 All day long they mock me *
and say to me, "Where now is your God?"
- 14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 15 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Begin to walk around your neighborhood stopping along the way. The following prayers are for use as you encounter the following places. Pray for other places not listed as you are so moved.

At a neighbor's home

O God of compassion, you commanded us to love our neighbors, both near and far. I commend my neighbor (*insert name, if known*) to your care this day. Grant me concern for all those I encounter, that I may create here a community of justice, care, and peace where your will may be done; through your Son, Jesus Christ our Lord. Amen.

Prayer at a store or shop

Almighty God, whose Son Jesus Christ in his earthly life shared our toil and hallowed our labor: Be present with your people where they work; make those who carry on the industries and commerce of this land responsive to your will; and give to us all a pride in what we do, and a just return for our labor. Strengthen those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor through Jesus Christ our Lord. Amen.

(Book of Common Prayer, p. 259, for commerce and for the unemployed)

Prayer at a school

O Eternal God, bless all schools, colleges, and universities especially all teachers and students that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord. Amen. *(Book of Common Prayer, Collect for Schools)*

Prayer at a fire station, hospital, or police station

O Creator of all, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy. Protect all emergency responders who take risks bringing people to safety in dangerous situations; for the love of the one who laid down his life for us, your Son our Savior Jesus Christ. Amen.

Prayer at the home of a known sick person or at a healthcare facility

Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.

Prayer for those who are homeless or at a homeless shelter

God of compassion, your love for humanity was revealed in Jesus, whose earthly life began in the poverty of a stable and ended in the pain and isolation of the cross: we hold before you those who are homeless and cold especially in this bitter weather. Draw near and comfort them in spirit and bless those who work to provide them with shelter, food and friendship. We ask this in Jesus' name. Amen.

(From the Church of England)

Concluding Prayers

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. Amen. *(Book of Common Prayer, p 394)*

May the God of hope fill me with every joy in believing.

May the peace of Christ abound in my heart.

May I be enriched by the gifts of the Holy Spirit, now and for ever. Amen.