



A prayer walk with Jesus ¹

Asking your questions like a disciple

Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:25

Goals

Taking time to meet God, learning from Jesus like His disciples did.

Before you go

Route

Decide on a route. Do you prefer a quiet walk through a park or the woods, or rather your own neighbourhood or campus, or do you want to decide in the moment?

Take your smartphone with you.

You're joking right!? Nope, but there are some conditions 😊

1. First download a Bible passage
2. Switch off your mobile data
3. Only use your phone for reading the Bible passage or taking pictures of things that inspire you, make you feel grateful or things that you want to pray for more.

The walk

Step 1: accept Jesus' invitation

Jesus invited his disciples to follow Him. This invitation still stands for us today! We can follow Jesus and learn from Him. We can also ignore Him, something we do often unknowingly. Take time to willfully accept Jesus' invitation, pray for His guidance and wisdom and join Him on the road to be a light.

Step 2: stop and focus

Stop and reflect at different places every now and then. What do you see? How do you feel? What things are you thankful for? What would you like to pray for? What questions arise? This may help you to ponder deeper on a certain topic.

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8: 12

¹ Variation on the prayer walk of 24-7 prayer, www.24-7prayer.nl

Step 3: present your questions to Jesus

Jesus was often on the road with His disciples, so they must have had many conversation walking from a to b. I imagine the disciples asked questions and Jesus answered them, pointing things out like He did in the Sermon on the Mount: 'Look at the birds of the air' or 'See how the flowers of the field grow' (Matthew 6:26, 28). Present your questions to Jesus and think about what He has to say about your surroundings. What would Jesus have drawn your attention to? What does He point out to you right now?

Step 4: listen and tune in

God speaks to people in many different ways, allowing different people to hear His voice. Listening also happens in various ways. Here are some examples:

- Listen, smell, watch, taste, feel; use your senses to take in your surroundings. Ask Jesus to speak to you through it.
- Considering your questions, think about Jesus' teaching. What words stand out? Read them again and bring it to the Lord in prayer.

Look for a nice spot to sit down and let Jesus wrap His arms around you. Know His touch and feel seen by Him.

Step 5: Let your walk guide you through your day

Ask Jesus to guide you the rest of the day and walk back home. Remind yourself that you meet Jesus not only during your walk, but that He walks with you throughout the day through his Spirit.

Top tips

- Greet and smile to people you meet on the way. God works through everyone.
- Pray with your eyes opened, so you can take in the surroundings.
- Be flexible and let the Spirit guide you.
- Praise and worship God, so you stay focused on Him.

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10