

PRAYER WALK

30- minute walk while you pray OUT LOUD

Steps 1-5 for 15 minutes

1 GRATITUDE Thank God for what you are grateful for.
“Lord Jesus, I love you. Thank you so much for ____.”

2 CONVICTION “Holy Spirit, reveal to me any sins of my life.”
Ask God for forgiveness for whatever comes up.

3 PRAY TO THE SAINTS Ask for your favorite saints’ intercession. Spend time talking to Joseph and Mary together, and then Mary alone.

4 INTERCESSORY PRAYER Pray for others.



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5 PERSONAL PRAYER Pray for yourself, your family, marriage, etc.

14 min. **6 LISTEN TO THE HOLY SPIRIT** “Holy Spirit, speak to me about anything...”
Then listen.

30 s. **7 MAKE A COMMITMENT** Make a commitment to God based off of what
came up in prayer.

30 s. **8 PRAY IN THE SPIRIT** Pray from your spirit: in tongues, sing a song,
recite a Psalm or a poem, etc.

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