

# Walking Prayer and Meditation Guide

Meditating while walking is a great way to connect with God. Walking and meditation reduces stress and anxiety, increases happiness and well-being, and creates a sense of gratitude and appreciation for everything God has done and is doing. Walking meditation can help us focus and be aware of who God created us to be. This practice can help increase intimacy with God and others while reducing negative emotions such as fear, anger, guilt, shame, or envy.

Begin by paying full attention to the present moment and your breathing. Concentrate on letting go of worries and anxiety and focus on God.

## **Set an intention for walking.**

You can focus on:

- The body God has blessed you with and the way it moves or functions;
- The surroundings God has placed you in and how incredibly beautiful they are;
- The people all around you and how amazing it is that God has time for each one of us;
- A scripture and what God is trying to show you through it.

## Pray

- Ask for God's presence to be with you;
- Choose a focus for your walk/meditation;
- Allow the Holy Spirit to lead you;
- Breathe deeply;
- Allow your senses to help you feel present in the moment and notice all that is around you;
- Focus on how your body feels and what you are seeing as you look around, what you hear, as well as what you can smell.

## Reflect

- Did I see, feel, smell, or hear anything on my walk that brought me joy?
- Was there a certain moment that I felt calmer than usual?
- Was there a moment during my walk that I felt more connected to God?
- Did I see, hear, feel, or smell anything that has given me a better perspective on a situation I am experiencing?
- Is there anything that made me more aware of God's presence in my life?
- Give thanks to God!



**Highland Hills**

BAPTIST CHURCH

[highlandhillsbaptist.org](http://highlandhillsbaptist.org)