

PLEIN AIR PRAYER WALK

Walk slowly, as one who has been invited. Let the ground steady you, the sky widen you, and the created world become a quiet sanctuary for listening. This is not a prayer to accomplish. It is a holy wandering with God, followed by a small keepsake of where He met you.

WHAT YOU NEED

- A small sketchbook, journal, or sturdy cardstock
- A pencil and a few crayons, watercolor pencils, or markers
- A small bag for gathering leaves, petals, or pebbles (only what has already fallen)
- Water, and possibly something to sit on

PART ONE: WANDER

SEE: *Let Beauty Find You*

Begin with unhurried eyes. Walk until something small asks to be seen: a leaf holding light, a bird crossing the silence, a branch bending and waiting. Let one created thing become your teacher.

Ask softly: "God, what are You revealing through this?"

I notice: _____

BREATHE: *Return to the Present*

Stop where you are. Feel the earth holding you steady. Take three slow breaths: in with God's peace, out with what has grown heavy. Let the wind carry what your soul no longer needs.

Ask: "God, what are You inviting me to release into Your care?"

I release: _____

HEAR: *Listen Beneath the Noise*

Let the sounds around you become a prayer: wind, birds, leaves, footsteps, breath. Do not strain for God's voice. Make room for it. Whisper, "Holy Spirit, quiet what is anxious in me. Tune my heart to Yours." Then wait.

I sense God saying: _____

FEEL: *Bring Your Whole Self*

Notice what rises as you walk: sorrow, gratitude, resistance, longing, peace. All of it is welcome. Place a hand over your heart and pray, "God, here is my whole self. Meet me with tenderness."

What I feel: _____

RECEIVE: *Let Grace Arrive*

Choose one created thing and look again. A rooted tree may speak of steadiness. A flower may whisper becoming. A path may invite trust.

Ask: "God, what grace are You placing in my hands today?"

My word of grace: _____

RESPOND: *Take the Gentle Step*

As your walk nears its end, do not rush the answer.

Ask: "What small yes is love inviting from me?"

My next yes: _____

PART TWO: CREATE

Find a place to sit, perhaps beneath a tree, on a bench, or on the grass. Choose one way to hold onto what you received. There is no right way and nothing to get perfect.

- Color your word of grace. Write it in the middle of a page and let colors gather around it.
- Sketch one thing. Draw the leaf, branch, or stone that spoke to you. Simple lines are enough.
- Make a rubbing. Lay paper over bark or a leaf and rub gently with a crayon.
- Create a small collage. Glue your gathered pieces to cardstock, with your word of grace written beneath.
- Paint the feeling. Skip the scene and use color to show how it felt to be there.

When you finish, add the date and place on the back, and a line or two about what God whispered

THE SACRED PAUSE

Before you leave, pause beneath the open sky. Let silence gather around you like a blessing. Breathe once more and remember that God has been walking with you all along.

God, thank You for meeting me here. Thank You for the beauty around me, for the quiet, and for every small thing that helped me notice Your presence. As I leave, help me carry this peace with me. Keep my heart soft, my spirit open, and my steps gentle. Remind me that I am loved, held, and never alone. Stay close as I return to my day. Amen.

"Be still and know that I am God." (Psalm 46:10)

You do not have to chase the voice of God. Let your soul grow quiet. Let creation whisper. Walk slowly, listen deeply, receive freely. He is already near.

Be Still. Exhale, Be Cherished.