



GROW TOGETHER

Prayer Walking

Prayer Walking incorporates the spiritual discipline of prayer with physical exercise. Prayer walking can be done in an area where families regularly spend time throughout the week (This can include a neighborhood, a child's school, a parent's workplace, a local church, etc...). Simply take some time to walk around whichever location a family should choose and pray, as a family, for that location

Suggestions for Implementation:

- **Entire families set aside some time to walk a circle around their local church while at the same time praying for their pastors, the church congregation, and for the lost.**
- **Entire families set aside some time to walk a circle around their neighborhood, while at the same time praying for their neighbors.**