



# LIVING THE MISSION PRAYER

AWAKEN RISK BLESS

## REFLECTIVE WALKING

### PURPOSE

Walking for many is a meaningful spiritual practice. In addition to the many health benefits, it can be helpful to go outside, walk, and reflect on a question or simply dwell in silence with God. Daily walking is one of the ways we can become wide awake to God's movement in us, among us, and ahead of us.

### SUGGESTED STEPS

1. Choose a time of day you plan to walk.
2. You may consider a question, scripture, or choose to simply be in the presence of God in silence on your walk. Depending on the location of your walk, it may provide an opportunity to engage your senses in the sights, sounds, and smells of creation. If you are walking in the city you may choose to pay particular attention to the sights, sounds, and smells of the city. You may choose to pay attention to people you pass, perhaps remember them in prayer as your form of reflection.
3. After your walk consider taking a moment or two to record any internal feelings or thoughts that surfaced. Consider writing them in a journal so you can go back and look at what emerges over multiple walks.

### BLESSING ON YOUR JOURNEY

We travelers, walking to the sun, can't see  
Ahead, but looking back the very light  
That blinded us shows us the way we came,  
Along which blessings now appear, risen  
As if from sightlessness to sight, and we,  
By blessing brightly lit, keep going toward  
That blessed light that yet to us is dark.

—Wendell Berry