

## Prayer Walk 2021 Beckley Creek Park

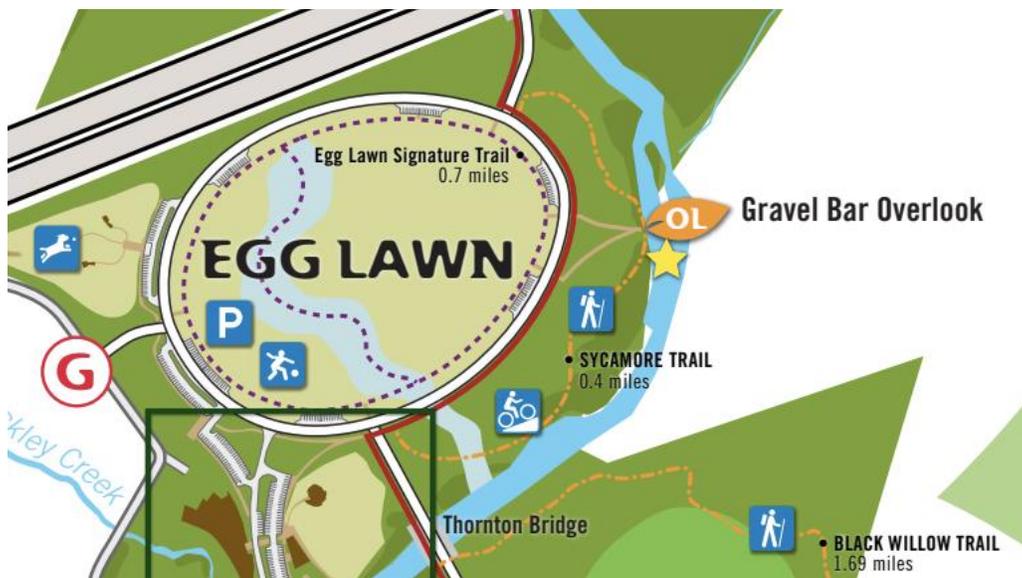
### Instructions:

You are invited to choose either path to participate in this prayer walk. We will walk prayerfully and silently- only speaking if we need to communicate something important to each other (ie. safety concerns). Feel free to smile or wave at passersby but try to remain present with God in prayer.

*Ask, what do you see, hear, smell? Where did you notice the beauty of the earth? Where did you experience the presence or beauty of God?*

### Options:

- (1) Egg Lawn Signature Trail (0.7 miles)
- (2) Sycamore Trail (0.4 miles- then return on the paved path)



### Sycamore Trail reflection

#### 1. Before you begin

**Matthew 11:28-30**- “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

#### 2. At the bench:

**John 4:7-15**- <sup>7</sup> A woman from Samaria came to draw water. Jesus said to her, “Give me a drink.” <sup>8</sup> (For his disciples had gone away into the city to buy food.) <sup>9</sup> The Samaritan woman said to him, “How is it that you, a Jew, ask for a drink from me, a woman of Samaria?” (For Jews have no dealings with Samaritans.) <sup>10</sup> Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” <sup>11</sup> The woman said to him, “Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? <sup>12</sup> Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.” <sup>13</sup> Jesus said to her, “Everyone who drinks of this water will be thirsty again, <sup>14</sup> but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” <sup>15</sup> The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.”

### 3. As you return to the paved path:

#### Psalm 84:1-4

- 1 How lovely is your dwelling place,  
O Lord of hosts!
- 2 My soul longs, yes, faints  
for the courts of the Lord;  
my heart and flesh sing for joy  
to the living God.
- 3 Even the sparrow finds a home,  
and the swallow a nest for herself,  
where she may lay her young,  
at your altars, O Lord of hosts,  
my King and my God.
- 4 Blessed are those who dwell in your house,  
ever singing your praise!

#### Egg Lawn Signature Trail Reflection

As you walk the loop of the egg lawn, consider the following verses for prayer, meditation, or reflection:

#### Proverbs 3:5-7

- <sup>5</sup> Trust in the Lord with all your heart,  
and do not lean on your own understanding.
- <sup>6</sup> In all your ways acknowledge him,  
and he will make straight your paths.
- <sup>7</sup> Be not wise in your own eyes;  
fear the Lord, and turn away from evil.

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ever singing your praise!

*As you walk, you may also consider praying for the people that you pass. Pray for them, for their families, and for them to know of the love God has for them. If you see an opportunity to bless them (wave, smile, help load something into their car), do so if feeling led! Otherwise, walk prayerfully and reflectively as you go.*