

PRAYER ACTIVITY

Pray and Walk

Now that we are only allowed to leave the house once a day for exercise. Let's use that time to pray while we walk! Here are different activities you can do each day!

Walk 1

Collage time! On your walk today, collect different items of nature that you can be thankful to God for. When you get home create a collage of these items on a piece of paper! - for example, you can collect: Grass, flowers, sticks and more!

Walk 3

Alphabet prayer! On your walk today, give thanks to God for something beginning with every letter of the Alphabet. that 26 things! Can you do it?

Walk 2

Asking God! On your walk today, pray for God to bring healing and love into the things the world is struggling with. Look for: a hospital, care home, bus stop, closed shops, charities, homes and more!

Walk 4

Picture Time! On your walk today, using your parents phone, take pictures of the best, most colourful, most exciting things you can find! Lets learn to appreciate the things God has made and thank Him for it.