



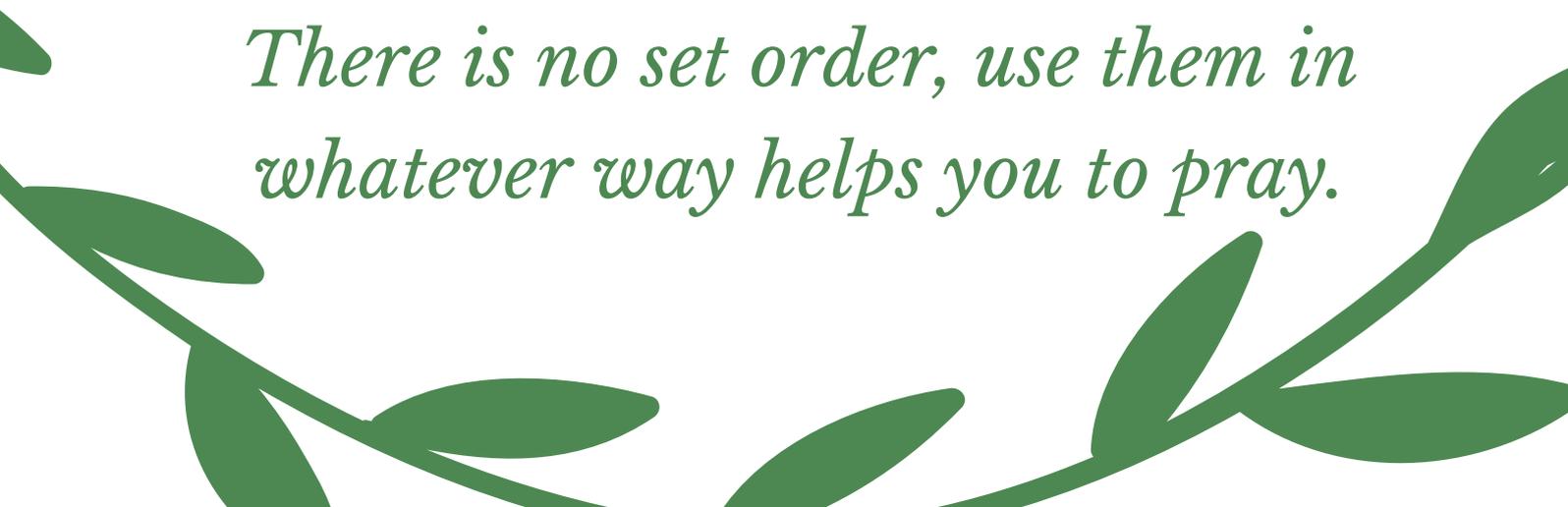
# WALKING

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# TOGETHER

*These cards are designed to help us  
pause and reflect on our lives and  
relationship with God.*

*There is no set order, use them in  
whatever way helps you to pray.*



# APPRECIATE A VIEW

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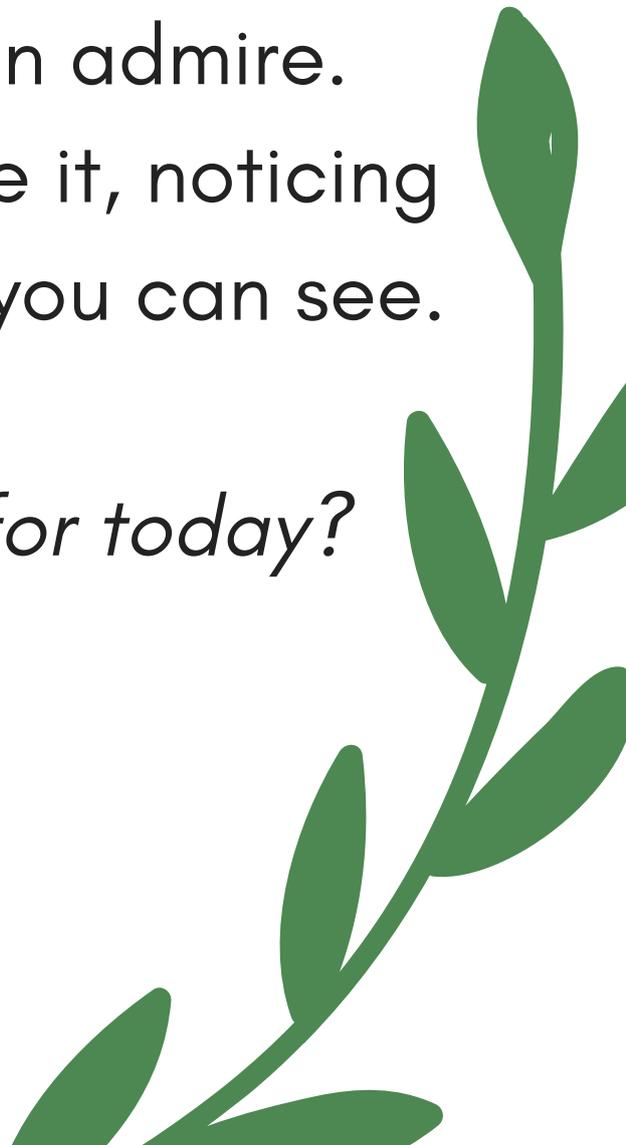
*Praise him, sun and moon;  
praise him, all you shining stars.  
Praise him, you highest heavens  
and you waters above the skies.  
Let them praise the name of the Lord,  
for at his command they were created*

Psalm 148 v 3-5

Find a view that you can admire.  
Take time to appreciate it, noticing  
all the different things you can see.

*What are you grateful for today?*

**SAY A PRAYER  
OF THANKSGIVING**



# LOOK AT SOMETHING THAT IS GROWING

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*I planted the seed, Apollos watered it, but God has been making it grow.*

1 Corinthians 3 v 6

Look for signs of life around you.  
*What helps them to grow and flourish?*

Reflect on how you have grown over the  
past year. *What helps you to grow?*

**LORD, MAY I CONTINUE TO GROW  
IN LOVE AND KNOWLEDGE OF YOU**



# PICK UP A STONE

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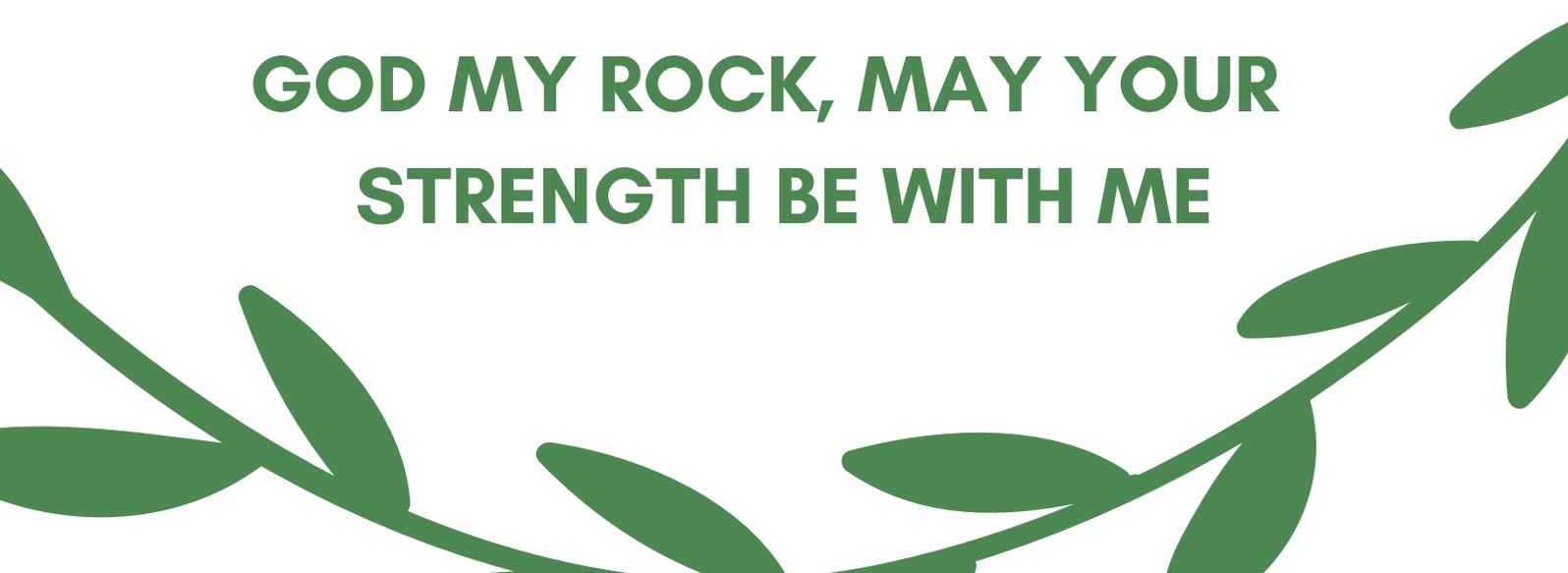
*The Lord is my rock, my fortress and my deliverer;  
my God is my rock, in whom I take refuge,  
my shield and the horn of my salvation.*

2 Samuel 22 v 3

Hold the stone in your hand, feel its  
weight and texture.

*Do you find it easy to rely on God?*  
Trust that God is faithful, that we can  
always rely on his promises.

**GOD MY ROCK, MAY YOUR  
STRENGTH BE WITH ME**



# NOTICE PEOPLE

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## WEARING FACE MASKS

*Let each of you look not only to his own interests,  
but also to the interests of others.*

Philippians 2 v 4

*How has the pandemic  
impacted your life?*

Be thankful for the sacrifices  
people have made for the  
safety of others.

**GOD, GIVE US THE  
ENDURANCE TO  
KEEP GOING**



# NOTICE THE WEATHER

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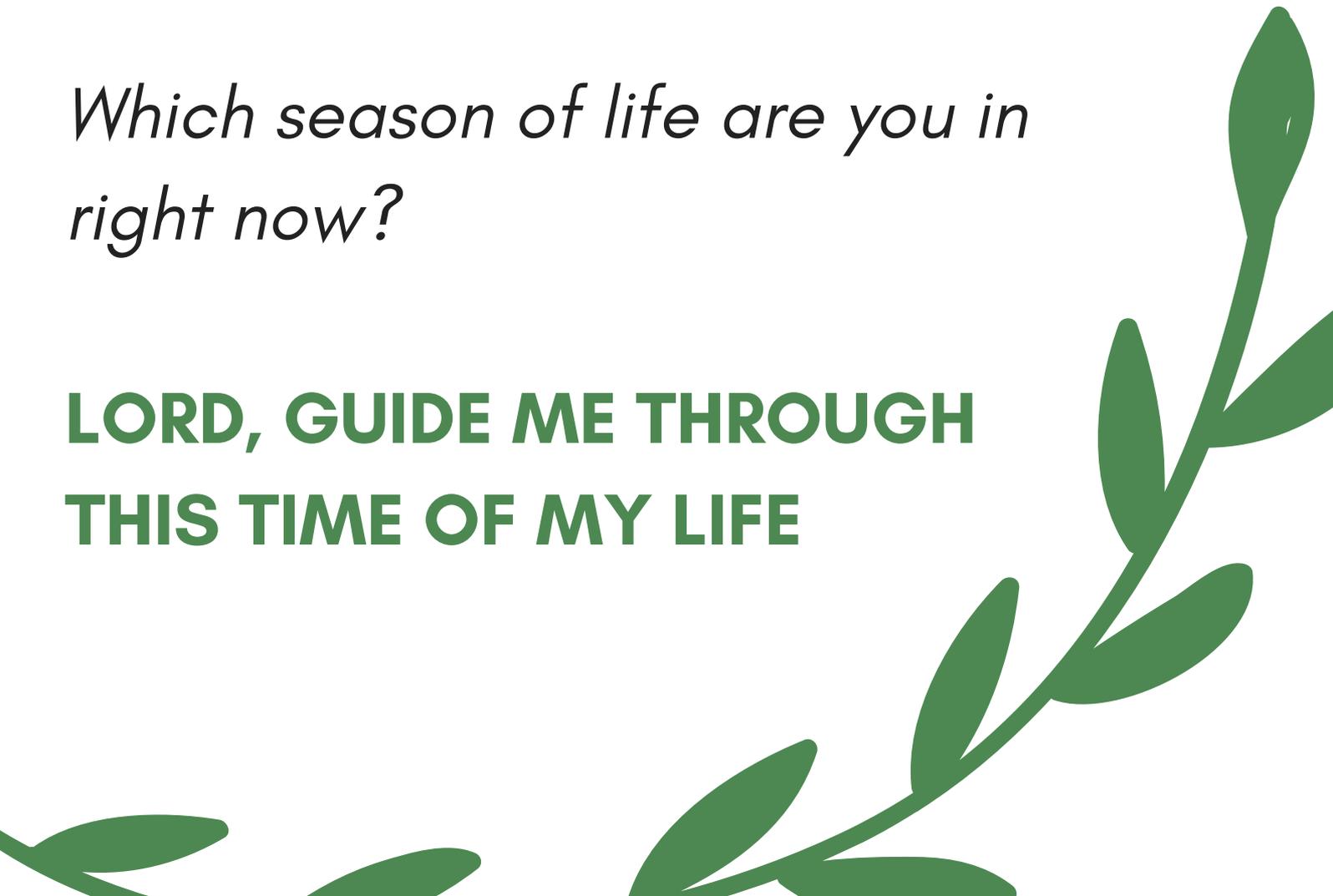
*There is a time for everything,  
and a season for every activity under the  
heavens*

Ecclesiastes 3 v 1

What is the weather like today:  
Sunny, Rainy Cloudy?

*Which season of life are you in  
right now?*

**LORD, GUIDE ME THROUGH  
THIS TIME OF MY LIFE**



# LOOK AT YOUR FEET

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*Your word is a lamp to my feet and a light to my path.*

Psalm 119 v 105

*Where are your feet leading you in life?*

*What are your hopes and dreams for the future? Where might God be leading you?*

**LIVING GOD, BE WITH ME ON MY  
JOURNEY TODAY AND EVERY STEP  
OF MY LIFE**



# FIND A PLACE TO REST

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*Come to me, all you who are weary and  
burdened, and I will give you rest*

Matthew 11 v 28

Take a moment to pause and rest.  
Observe what is going on around  
you, enjoy the stillness.

*What burdens are you carrying?  
What anxieties or stresses are  
weighing you down?*

**LOVING GOD, I SHARE WITH  
YOU WHAT'S ON MY MIND**



# NOTICE ANY SOCIAL

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# DISTANCING MEASURES

*I thank God... as night and day I constantly remember you in my prayers. Recalling your tears, I long to see you, so that I may be filled with joy.*

2 Timothy 1 v 3-4

Can you still see social distancing measures?

Who have you had to distance yourself from this year? Are there people you have not been able to see?

**SHARE WITH GOD THE CHALLENGES  
OF THIS PAST YEAR AND YOUR  
HOPES FOR THE FUTURE**



# LOOK FOR A

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## LIVING CREATURE

*Let everything that has breath praise the Lord.*

*Praise the Lord!*

Psalm 150 v 6

Look for animals that call this place home. Enjoy the fact that we share creation with so much life.

As you breathe in pray,

**'LET EVERYTHING THAT HAS  
BREATH'**

and as you breathe out pray,

**'PRAISE THE LORD'**



# REMEMBER ALL THE OTHER PEOPLE WALKING

*For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.*

Colossians 2 v 5

Take a moment to think about all the other people reading these cards and sharing this walk.

Pray for them as they go on their own journeys of faith

**THOUGH WE ARE NOT IN ONE  
PLACE, WE ARE TOGETHER IN  
YOUR SPIRIT**



# LOOK AT A BODY OF WATER

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*For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants.*

Isaiah 44 v 3

Find a body of water, whether it's a pond, the sea, or a puddle.

Water brings life. It restores us and it refreshes the land.

*What brings you life?*

*Where do you see dry places in need of life?*

**LORD, GIVE US LIVING WATER**



# A PRAYER FOR THE END OF THE JOURNEY

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*Do two walk together,  
unless they have agreed to meet?*

*Amos 3 v 3*

## **Pilgrim God,**

You are our beginning and our destination.

Journey with us, we pray,

as we continue on our journey of life.

May we travel on with you in love, peace,  
hope, and joy.

And follow you with faith,

*Amen*

