

Trinity UMC Prayer Walk

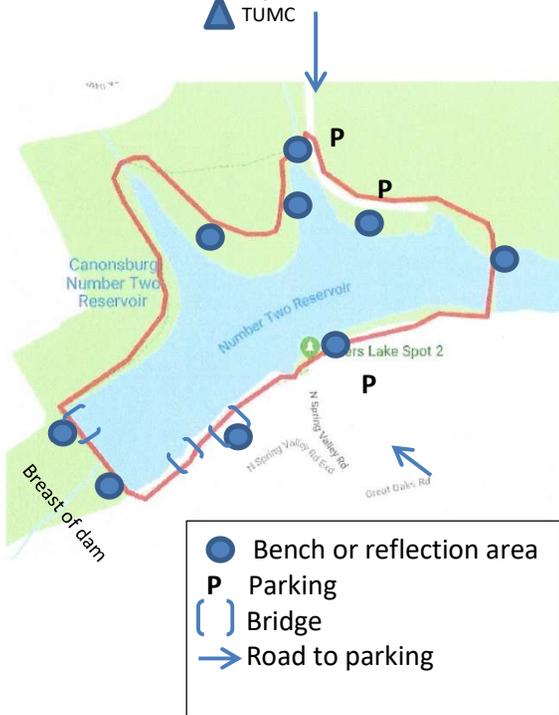


SPRING 2020

Trinity UMC's Prayer walk offers individuals the opportunity to reflect on God and life while enjoying nature. There are 9 stations where you may stop to pray, meditate and reflect on God's graces. A prayer is provided for you at each station on this brochure or you may use your own prayer or quietly reflect on life.

Below is the map of Peters Lake Park trail with designations for stopping stations at areas with a bench or a bridge with a beautiful view. Follow the trail in any order you wish.

Peters Lake Trail Map:



Station 1: Adoration Praising God

Who is God to you?

Is God the "Lord Who Will Provide", "Friend", "Teacher", "Counselor", "Healer", "God of Mercy"?

Psalm 145:8 NIV

The LORD is good to all; he has compassion on all he has made.

Psalm 145:3

Great is the LORD and most worthy of praise; his greatness no one can fathom.

Say your own prayer to God.

Station 2: Confession Sorrow, Forgiveness

Does anything come to mind that you regret, or for which you wish to be forgiven? Freely admit them to God, and ask for forgiveness. Ask for Jesus' grace and mercy to cover your faults, selfishness, anger, or fear. . .

1 John 1:9 (NLT)

9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Mark 11:25 (TLB)

25 But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too."

Say your own prayer to God.

Station 3: Thanksgiving Gratitude

Thanksgiving is simply gratitude for God's many blessings and all that God has done for us. We have so much to be thankful for in this life, and yet, we are so easily disappointed when things don't go our way.

Romans 1:21 NLT

Yes, they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like.

1 Thessalonians 5:18 (NIV)

18 give thanks in all circumstances; for this is God's will for you in Christ Jesus. **Say your own prayer to God.**

Station 4: Supplication Intercession – Praying for needs

Intercession or supplication means to ask for others' and our own concerns. Jesus says to ask for whatever we need – He knows our needs already, but we are changed in the asking. It reminds us to depend on the Spirit for our practical needs as well as our invisible ones.

Isaiah 40:31 NIV

but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

(Continued on next page)

Station 4: cont.

2 Chronicles 16:9 (NLT)

9 The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to him. What a fool you have been!

Say your own prayer to God.

Station 5: Follow Me Repentance for sin, failure, selfishness

We don't talk much about sin or evil these days because we don't want to offend anyone.

However, the original meaning of the word sin is "to miss the mark". Most of us don't wake up with a plan to be selfish, or controlling, or lazy, or lots of other things we are prone to being! But in spite of our best efforts, we give in to temptations, hurt others, or disappoint God with our thoughts and actions

1Corinthians 15:58 New (NIV).

58 Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

Galatians 6:9 (NIV)

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Say your own prayer to God.

Station 6: Forgiveness For Hurt or Anger

Is there someone that you need to forgive?

"Abundant Life" posted this on Facebook:

That we can't be free until we are willing to let go of past hurts and forgive. When we hold someone ransom emotionally, for something we still want, but can't have, we essentially become prisoners of our own misery of unmet needs. To be free to live and love again begins with forgiveness. Sometimes, it means we have to forgive ourselves for something, other times, it is to forgive someone else.

Ephesians 4:31-32 ³¹

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, **forgiving** each other, just as in Christ God forgave you.

Matthew 6:14-15 (NIV)

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Say your own prayer to God.

Station 7: Listening Hearing God's Voice - Receiving

Do you hear God's voice?

From 4 Keys to Hearing God's Voice, by Mark Virkler, Communion With God Ministries:

1. **Stop - Stillness** - Be still... and know that I am God. Psalm 46:10. Spend some time in silence, setting aside all distractions, worries, fears,

anger or pressure. Clear your soul, mind, and spirit.

2. **Look** - Vision - Fix the eyes of your heart on Jesus, the Living Word, & The Bible, the written Word.

3. **Listen** - Tune into the flow of the Spirit, and the spontaneous thoughts that light upon your mind. It may be a word, pictures or visions that come to mind. Do not discount or eliminate anything that comes up, even if you are unsure if it is from your own desires.

4. **Write - Journal** - Record all that you see, feel, or experience, with no editing. Later, with a trusted, mature Christian, review and compare it with scripture, tradition, reason and experience.

Matthew 11: 28-31

Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Station 8: Personal Prayer and evaluation

Spend time on self-evaluation. What can you do better as a Christian? How can you become closer to God? What can you do to help others?

Station 9: God's Universe

Take time to enjoy God's creation. Enjoy the scenery. Listen to the water, trees, birds and animals. Renew yourself by taking in the beauty of God's nature.