



# Girls in Prayer Take a Prayer Walk

(around your school or neighborhood)

**Summary**—Prayer doesn't need to be stationary or boring! We can even pray while getting some exercise. Take your group for a walk around your local school or neighborhood praying for those that reside there! It is natural to have the Holy Spirit bring new ways to pray for people as you observe the environment that you are walking in!

**Supplies needed**—None

**Instructions**—As you set out to walk around your local school or neighborhood, you can tell your group that you'll be trying different ways of praying as you walk:

**Silently**—Walk for a minute or two quietly and have each group member pray silently.

**Popcorn**—Take turns praying out loud as each group member feels led by the Lord.

**All-at-the-Same-Time**—Each group member speaks her prayers as you all walk together, all at the same time.

**In One Accord**—With freedom, as your girls walk together, group members speak one or two sentence prayers and others add on, add agreement, and flow from prayer to prayer as a whole.

**People or subject your group may pray for as they walk may include:**

- Teachers/Parents
- Principals/Leaders
- Cleaning Staff/Rescue Workers
- Kids or teens being bullied
- Those going through tough times like death of a loved one or divorce
- The sick or ill
- Truth to spread
- Protection and safety
- Opportunities to tell others about Jesus
- Christians that stand firm for Christ

## Other Information/Tips

Make sure your group leaders and oldest girls set a strong example at the beginning of the activity to help set a conversational and casual environment. This will help the girls learn to pray naturally no matter what activity they are engaged in.