

Self-Guided Prayer for Families WEEK 6



Walk With Me

Getting Ready to Walk

Choose a place to walk together: a park, neighbourhood path, a trail, a beach or even your backyard.

Print this guide or download it on your phone. Consider reading through it before you start walking.

Before you start, encourage your family to stand still together. Feel your feet on the ground. Take four slow deep breathes together.

Prayer

Creator God, thank you for being with our family. Thank you for the land beneath our feet. As we walk today, help us to learn how to care, listen and respect. Be with us.

Noticing the Land

Begin to walk slowly—there's no rush.

REFLECT TOGETHER

- What do you see growing here?
- What do you hear?
- How does the ground feel under your feet?
- Who do you think lived on this land before us?
- How do the land and water help people, animals and plants live?

Listening as You Walk

Keep walking. Try walking quietly for a short time.

REFLECT TOGETHER

- Who do we need to listen to more in the world?
- Are there people, especially Indigenous Peoples, who have not been listened to about their land and resources?

Parent/Caregiver

Sometimes decisions are made about land without asking the people who belong to it and care for it. It is important that we learn how to listen to all voices.

Prayer

God, help our family to listen to people, the land and you.

Learning to Walk in a New Way

As you walk, pay attention to how you walk and make this an interactive experience.

- What does it look like to walk softly on the land? Ask your family to tiptoe on the ground.
- How can we share space and not take more than we need?
- What does respect look like when we use land, water or resources?

Our Family's Commitment

Slow down or stop walking. Sit on the ground, find a tree to touch or hold hands together.

REFLECT QUIETLY

- What is one small thing our family already does to care for the land?
- What is one thing we could learn or do next?

Finish this sentence together: "Our family brings care and respect to the land by...."

Closing

Take one last breath together.

Prayer

God who walks with us, as Lent comes to an end, help us to carry what we have learned into every day. Help our steps to be soft and gentle, our hearts to be open and our choices to show care for the land and for one another. Walk with us, God, as we keep learning how to walk in a better way.

Continuing the Walk Follow-Up Activities (optional)

Drawing

Draw something you noticed on your walk: the land, a plant, a path or people caring for the earth. As you draw, talk about: What stood out to you? How does this picture remind us to care for the land?

Planting Something Together

Plant a seed or flower, indoors or outdoors. As you plant say, "We are planting this as a promise to care for the land and for one another."

Water it together and remember that caring for the land is something we practise again and again.

