

Self-Guided Prayer WEEK 6



Walk With Me

Preparing for the Walk

Choose a place where you can walk slowly and safely: a park, a trail, a sidewalk, a shoreline or a forest path. Print this guide or download it on your phone. Consider reading through it before you start walking.

Before you begin, pause. Place your feet firmly on the ground. Take three or four slow breaths.

Prayer

Creator God, you walk with us on land that remembers. As I step forward today, teach me to walk with humility, respect and care. Open my eyes to where I stand and how I am called to move.

Noticing the Land

Begin walking slowly. Let your pace be unhurried.

As you walk, notice:

- The ground beneath your feet
- The plants, trees, water or stones nearby
- The sounds of birds, wind or other people
- The way the land supports your body

REFLECT QUIETLY

- This land holds history, seen and unseen
- Who has lived, cared for and belonged to this land before me?
- How has this land been treated? Protected? Taken? Exploited?

Prayer

God of creation, thank you for this land that sustains life. Help me to remember that land is not a resource to own, but a relationship to honour.

Listening as You Walk

Continue walking. Let each step be an act of listening. Invite God to slow down your mind and heart so you can hear.

REFLECT QUIETLY

- Whose voices are connected to this land but often unheard?
- What stories does the land itself seem to be telling?

If it feels right, walk in silence for several minutes.

Learning to Walk in a New Way

As you walk, gently shift your attention to how you are walking. Notice:

- Your pace
- Your balance
- Your awareness of others sharing this space

REFLECT QUIETLY

- What does it mean to walk without taking more than I need?
- How am I called to walk with consent, care and accountability?
- Where do my habits need to change, personally, communally or spiritually?

Prayer

God of justice, teach me to walk in a new way, not ahead of others, not over the land, but alongside, with respect and gentleness.

Commitment to Action

Pause your walk or slow to a stop. Place a hand on your heart or reach down to touch the ground. Perhaps even sit on the ground.

REFLECT QUIETLY

- What responsibility is being stirred in me?
- What is one small, faithful action I can take to support Indigenous rights to land, territory and resources?
- How can my daily choices reflect right relationship with the land?

Name your commitment silently or aloud. The commitment could be to learn, advocate or support Indigenous-led initiatives, attend the Celebration of Culture or learn more about the original inhabitants of the land and write a personal land acknowledgment.

Prayer

God who walks with us, receive my commitment, not as a promise of perfection, but as a step towards faithfulness. Give me courage to keep walking, even when the path requires change.

Closing the Walk

As this part of the reflection comes to an end, pause once more and take a deep breath.

Prayer

God who walks with us, receive my commitment, not as a promise of perfection, but as a step towards faithfulness. Give me courage to keep walking, even when the path requires change.

