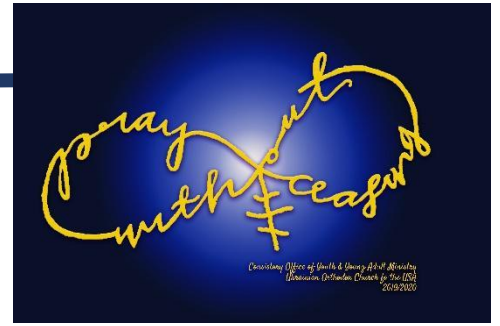


Praxis Session Five: Prayer Walk

Main Ideas: *Creating a special experience utilizing tools of the church to deepen your prayer life*

Supplies needed: *These will vary depending on the type of prayer walk you choose to create.*

Activity: *A prayer walk may take place anywhere and in various forms. Choose a location and type of walk. You should conduct your prayer walk in silence except for any prayers, readings, or explanations that will take place.*



Types of Prayer Walk

- **Icon Walk** – *This may take place inside your parish, parish hall, local park, etc. Choose the icons you want to include in your walk. Ensure that you have the icons available. You can make icons for you walk using paper icons and framing them, laminating them, decoupageing them, etc. You could ask youth to each bring an icon from their home. You may want to choose a theme for your icons – saints, feast days, icons that are associated with nature, female/male saints, monastic saints, child saints – the possibilities are endless. You may also use the icons in your parish. This is a special way to bring your youth closer to the iconography in your church.*

This prayer walk was held during the ST. Nicholas Program – Camping for Families with Disabilities. It was created around the multi-purpose room and was a temporary installment. The saints chosen all intercede on behalf of a particular disability or they themselves had a disability.

Prepare information in advance to explain what is depicted in the icon (life of saint, feast, etc). Have the tropar for the saint or feast available. (Older youth can help in preparing the information.)

Map out your walk. If you are conducting your walk somewhere other than inside your church, you will have to determine how you will mount or present the icons. You can also ask the youth to take turns holding the icons.



At each icon, read the prepared information. Discuss the icons. Pray the Tropar. If you are using icons of saints, complete your time at each icon with, "O Holy Saint _____, pray to God for us!"

- **Scripture Walk** – *Choose where you would like to conduct your walk. This could happen anywhere. Choose a theme for your walk such as – Love, Hope, Repentance, etc. Choose scripture verses that speak to that theme. You may want to ask your priest to help with this. You could also ask the youth to each provide a verse. They should be presented to your priest for approval and blessing prior to use. There are several ways to conduct this walk. You may print the verses and post them along the walk. You may have "guides". The guides are positioned along the walk and will read the verse to the participants as they stop.*

With a large group, break up your participants into groups. Stagger their start to the walk.

If in nature or a city, you can choose places to stop. Have the group move in silence. At each place of contemplation, have the leader read the scripture verse. Give the group time to reflect before moving to the next location.

- Psalm Walk -- Choose a Psalm. Read a different section of the psalm at the various stops along the walk.

You may combine the different walks in various ways. Create your own type of walk.

At the end of the walk, if possible, conclude in a prayer service. Take time at the end of the walk to debrief. What was the walk like? What did they learn?

Send home with the participants the scripture verses, psalm, saint lives, etc. that were on the walk.

This is a wonderful opportunity for a family session or to invite your entire parish. Have the youth create and set up the walk. They may also conduct the walk for those attending. You can invite local Orthodox youth groups and parishes to join you!

Optional elements:

1. You could hold your prayer walk in the evening by candlelight. Perhaps line the path with luminaries. Have the guides carry candles. Have votive candles at each stop. String twinkle lights along the path.
2. Perhaps install a prayer walk on your parish property for all to enjoy at any time!



This is the River Prayer Walk at All Saints Camp. It was installed by the campers of Diocesan Church School Camp(ages 9 -13). The walk is being taken by participants of the Mommy/Daddy & Me program (ages 4 -8 and parents). The icons are all related to water in some way. The fence contains verses from the Akathist Glory to God for All Things. The verses were inscribed by campers from the Teenage Conference Program(ages 13-18).