Walk On Water

St Paul's Prayer Trail

Flowers

Jesus tells his listeners to not be worried about the future – where they will get their next meal or what clothes to wear (Matthew 6). He asks us to "look at the lilies" which do not worry or work, and yet are so beautiful and well cared for by the earth.

Spend a moment looking at the flowers. Jesus ends his speech with this line:
"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."

Matthew 6:34

Close your eyes and think about anything you're worried about. Give those things to God and ask him to give you peace. Maybe next time you see a beautiful flower you can remember to give God your worries.



Walk On Water

St Paul's Prayer Trail

Bench

Do you ever feel that you go through life too quickly? That life is so busy that you don't get a chance to stop? Jesus was busy but he knew that he needed time to withdraw from the crowds and be alone.

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." Mark 6:31

Take time to rest a while, look around you and observe your surroundings. Be actively present and pray for what you see. Ask God to guide you as to where you could show his love and hope.



Walk On Water

St Paul's Prayer Trail

Stick

Find a stick lying on the ground; feel the texture, can you identify which type of tree it comes from? Each stick comes from a different tree just as we come from different families, yet are united together in Christ. Pray for unity in the church and in our country.

Lord of the church and nations we pray for your peace and unity to rest with each person. Help us to be peacemakers and to seek the good of others above ourselves, clothe us in righteousness. Amen.



Walk On Water

St Paul's Prayer Trail

Leaves

As you walk round see how many different types of leaves you can collect. You can use them as a prayer activity at the end of the walk. Hold each one in turn thinking of a need either for yourself, the world or someone you know.

Maybe you would like to hang them somewhere and ask God to hear your prayer, press one in your Bible to remind you to pray for a situation you thought about.



Walk On Water

St Paul's Prayer Trail

Boat

Jesus travelled by boat, he slept in a boat, he calmed the storm from a boat, he invited Peter to walk on water to come to him. Consider the great faith Peter had as he stepped out of the boat. Help us to fix our eyes on Jesus and keep them there.

Lord when I feel weak, you are strong; when I waver, you are constant; when I get distracted, you gently call me back. Thank you for your great love. Amen.



Walk On Water

St Paul's Prayer Trail

Creatures

Birds of different types and colours are all around us – can you see or hear any? Are there dogs being walked, barking, wagging their tails around you? If you are near fields can you see farm animals? Are there sheep, cattle, hens, horses…? Perhaps you can see tiny little insects when you look closely.



God created all these 'creatures great and small'. What a wonderful God we worship. Lift up your heart to Him in praise for all that He has created.

Walk On Water

St Paul's Prayer Trail

Tree

As the oak has deep roots that go down and anchor the tree, so help us to go deep into God and his word so we can weather the storms of life.

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

James 1:5



Thank you for the oak tree and the promise of wisdom as I grow older. Please help me to think carefully about the decisions I make. Help me to grow in wisdom and offer that wisdom to others. Lord, please be my teacher. Amen

Walk On Water

St Paul's Prayer Trail

With God ALL THINGS ARE possible

House

These are the homes of people – families and individuals who are all precious to the Lord. Pray for peace in the home, for love and kindness to be shown. That they would know God's love and care. Ask God to reveal himself to them and that they would recognise His goodness and mercy.

Lord Jesus bring peace to every house, may everyone who lives in the house know that you love them and care for them. Give them hope and joy. Amen.



Walk On Water

St Paul's Prayer Trail

Cairns

In bible times God's people stacked stones to remember and make a mark about something very important about God and his promises.

You could build your own stone marker using the stones provided or others you may find nearby.

Remember God is faithful and does not break his promises.



Lord Jesus, I put my trust in you and the promises you've made, for you are faithful to bring them about according to your Word.