



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THURSDAY 2 MAY



CONTEMPLATIVE ACTS - PRAYER WALKING

This week's contemplative act is Stations of the Resurrection.

In the Fifth Week of Lent and the Fourth Week of Easter the contemplative act introduced were Stations of the Cross and Stations of the Light. These can involve walking, in a church, in outdoor spaces, along the *Via Dolorosa* in Jerusalem.

Today you're encouraged to try Prayer Walking. Prayer Walking is what it says - praying whilst walking. However, the prayer is targeted to the place you are walking. A prayer walk can be short or long, You could also do a prayer walk using Google Street View.

The Bible doesn't specifically mention Prayer Walking, but we can see people praying for where they are. Two examples the Israelites marching for seven days around Jericho (Joshua 6), Jesus walking with his disciples in Galilee and in Jerusalem,

You might wish to prayer walk on your own or with others. As you walk you're invited to notice, and pray for what you see around you. You might wish to go on a well-trodden route or walk along a street or a pathway you choose on a map.

As you walk you're invited to consider reflecting where you see the goodness of God, the beauty of the world as well as need.

Collect for the
Fifth Sunday of
Easter

Almighty God, your
Son Jesus Christ is
the way, the truth,
and the life. Give us
grace to love one
another and walk
in the way of his
commandments,
who lives and
reigns with you and
the Holy Spirit, one
God, now and for
ever.
Amen.

Some questions to bear in mind when you're prayer walking,

- Who are the people who might be occupying or passing through this place?
- What are the activities that occur in and around this place
- What are the results or effects of the activities.; and The results or effects of the activities.

Some ideas for prayer (based on suggestions from St Mark's, Harrogate)

- **Pray for blessing;** ask for God's intervention in the life of each person and home you pass.
- You may want to pause at key buildings such as a school, community centre, hospital or local business. Ask for God's will to be done in this community "as it is in heaven".
- **Pray with empathy;** see and feel what the residents live with every day; intercede for the things that express brokenness and grieve God's Spirit. Give thanks for the blessings and all the good things you see in your community.



Jesus said to his disciples,
"I am the true vine,
and my Father is the vinegrower."

John 15.1

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds