

## Purses & Prayers – September 26, 2020

Bon Air Baptist Church

Walking Meditations

*Life is simple. We are living in a world that is absolutely transparent, and God is shining through all the time. This is not just a fable or a nice story. It is true. If we abandon ourselves to God and forget ourselves, we see it sometimes, and we see it maybe frequently. God shows himself everywhere, in everything—in people and in things and in nature and in events. It becomes very obvious that God is everywhere and in everything, and we cannot be without him. It's impossible. The only thing is that we don't see it.*

—THOMAS MERTON  
"LIFE AND SOLITUDE" (TAPES)

### Walking Meditations

- 1. Be patient with yourself as you develop a deeper prayer life through walking meditation.**
  - A. Schedule your walk for a time when you do not feel rushed.
  - B. Choose to allow God to influence you as you walk.
  - C. Write a scripture verse or quotation on a slip of paper. Read it several times during your walk.
  
- 2. Be in your body.**
  - A. Plan to use your 5 senses.
  - B. Pull your shoulders back so your chest can be expansive, allowing for deeper breathing.
  - C. Thank God for your body.
  
- 3. Breathe.**
  - A. Take a couple of deep breaths before you start.
  - B. Consciously breathe into any tightness or tension in your body.
  - C. Anticipate a positive experience.
  
- 4. Acknowledge God's presence and invite him to walk with you.**
  - A. Be at peace as one who walks with God on that day.
  - B. Ask God to speak to you and to show you things about himself that you need to know.
  - C. Walk with God in the spirit of walking with a friend to whom you might say, "Could we go on a walk together? I have something I want to talk to you about."
  
- 5. Walk.**
  - A. Walk at a normal walking pace and in a normal manner. This is not a race nor is it high interval training.
  - B. Remember that you are not trying to get somewhere, and there is no agenda except to be fully present in this moment and in the next and in the next.
  
- 6. Notice everything—inside and out.**
  - A. Notice what it is like to walk with an unhurried pace, your body fully upright and planted in steps rather than leaning forward as you might do when rushing.
  - B. Notice the rhythm and pattern of your footfalls.
  - C. Notice how your clothing feels, whether it is comfortable or whether it hinders your ability to walk with comfort and strength.

- D. Notice your thoughts and emotions without getting all wrapped up in them or judging them. Notice them with curiosity and interest and let them pass through you.
  - E. Enjoy your senses as you walk. See, hear, touch, taste, and smell. Think about what you are experiencing. Let your sensory experiences draw you into conversation with God.
- 7. Feel free to walk quietly and receptively OR talk to God as you walk.**
- A. Be in the moment with the triune God—Father, Son, and Holy Spirit—who loves you.
  - B. Do not worry if your thoughts roam. Just notice them and then come back to the present. No judgment. See 6D above.
- 8. Stop when something catches your eye or draws you in. Do not be afraid to leave the beaten path.**
- A. Since you have invited God to guide your walk, trust what happens on it.
  - B. Remember that you have no place else to go that is more important.
- 9. End your walk as you began it—by being in your body and thank God for his presence with you.**
- A. Give yourself a few moments to be grateful for the amount of health and strength you have in your body that enables you to take this walk.
  - B. Thank God for the gift of life in a body.
  - C. If you like, you can end your walk by writing down anything you learned in a journal.

## **Blessings**

1. *May you move through this day with eyes open to the God who shines like the sun within and around you.*
2. *Bless this shimmering moment, may my eyes receive its gifts, may my heart open ever wider in response.*
3. *Blessed the place where you are. Blessed where you are going.*
4. *On each threshold, wisdom; and every doorway, love; through every entry, grace; with each beginning, peace.*
5. *On this and all days, may you go in the company of the God who makes a way for you.*
6. *That you may unhide yourself, that you may turn and turn again toward the Holy One, that you may see the face of God and live.*
7. *Know that the God who calls you will stir up courage within you, will accompany you in your waking, will sustain you in your seeing.*
8. *In the pondering of your past, in the contemplation of your present, in the hungers that persist and in those that fall away: peace to you, deep peace.*
9. *Before you, beside you, behind you, may Christ our Light attend your way.*
10. *May your journey through this day offer a thin, thin place where heaven and earth meet and time falls away.*