



CONTEMPLATIVE PRAYER

A PRAYER WALK WITH JESUS

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

READ: LUKE 24:13-35

Sometimes, we can become so absorbed by our expectations and circumstances that we fail to see the beauty of Jesus all around us. Hopefully this guide will center you upon the beauty that is all around you, even in the midst of a pandemic. Jesus is alive and His feet are moving. He walks beside us even now. Let's take some time to pay close attention to the Divine Stranger who meets us where we are at and walks alongside us.

TAKE A WALK

Before you walk, invite Jesus to join you. Invite Him to give you the attentiveness necessary to recognize His presence throughout your walk.

As you walk, move slowly and notice the sensations in your body—discomfort, surprise, challenge, pleasure, ease.

Take in your surroundings with a soft, receptive gaze. What do you see?

Listen to whatever there is to hear—your own breathing, birds, traffic. You may choose to pay attention to one sense at a time or try to hold two simultaneously. Be present to your experience.

Walk or move in this way for several minutes or even half an hour.

When you have ended: Thank Jesus for joining you, thank God for the beauty surrounding you, and thank the Spirit for the beauty that will continue to follow you everywhere you go.

