

Dear Sisters in Christ and Fellow Daughters on the Journey,

We live in such a time where prayer may be the only work we can do to help heal and bring peace to a broken world. I'm finding that walking gives us a built in intercession list and framework just by the route(s) we take. Walking also helps us find the necessary balancing of body, mind, and spirit. Wellness is very important for us as Daughters of the King.

Here is my prayer walking framework for those of you who walk. If you do not walk, get a map of your city and circle the landmarks. As the old Yellow Pages Ad told us "Let your fingers do the walking!" I even found on Wednesday evening that you can even modify it to work while driving. Please be careful when praying and driving!

Begin by offering your walk and prayers to the glory of God.

This is done outside your front door. (If you walk during the evening- turn on the porch light)

As I turn the corner I often times will see lots of litter and I pray that we may all become better stewards of God's creation.

Pray for your nearby neighbors and those who live in your neighborhood. (Y/our neighborhood is the world) Often times I will look back and take a picture of the big Sun and that reminds me to center my prayers with the help of God, Jesus, and the Holy Spirit. Take a picture of the Big Sun to remind you of God the Creator and give thanks.

At the first Stop light or where ever you cross the street pray for all those who are driving, walking, biking, and all forms of transport. Pray for safety.

As you walk notice the businesses and pray for the employers and employees.

If you hear a siren of any kind pray. Pray for the first responders, the person they are going to help.

Begin your prayer list or prayer requests you have been given. If you are on Twitter or Facebook do not be afraid to make prayer requests. I welcome you and I welcome them.

We have a gentlemen's club called the Spearmint Rhino on our route: I pray for women, children, and an end to human trafficking and pray for our family members (that is anyone to me) who have depression and self-esteem issues.

Flower beds, weedy areas, and shrubbery can be a good way to remember all the unsaid prayers or requests that haven't been offered to us or have been forgotten.

We pass the Public Library and pray for those who teach and those who learn.

If you should see a church on your path. Pray for the Church and its leaders both clergy and lay.

We pray for our leaders when we pass city hall. We pray for our family members who are homeless and hungry who make the City Hall Plaza their home for the evening.

The Police Station is on our route. Pray for law enforcement personnel ,our troops and peacekeepers.

The list is endless. I think you begin to get the basics. Always take time to enjoy God's creation. Please remember it is your walk and your individual journey that you take with God. Always take time to give thanks and praise to God the Creator. Be creative and make sure it suits your needs and time.

Won't you walk with me on our journey?

Sara Lee Macdonald, Province VIII President