

BEACH WALK + PRAY

TONIGHT WE WANT TO SLOW DOWN AND CONNECT WITH GOD. AS WE PRAY, THERE ARE NO RIGHT WORDS TO SAY. THIS IS ABOUT THE RELATIONSHIP, TUNING INTO GOD AND KEEPING IN STEP WITH HIS SPIRIT.

WALK

TAKE A FEW MINUTES TO WALK AND TRY TO CLEAR YOUR MIND AND BE PRESENT IN THIS MOMENT.
TELL GOD YOUR INTENTIONS FOR TODAY AND/OR FOR YOUR RELATIONSHIP WITH HIM.

READ

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PRAY: THANKS

SPEND SOME TIME GIVING THANKS TO GOD FOR WHO HE IS AND THE BLESSINGS IN YOUR LIFE.

WALK

AS YOUR WALK, PRAY FOR GOD TO BE YOUR PEACE.
REPEAT THIS SHORT PRAYER AS YOU WALK...
"GOD BE MY PEACE." WALK SOME MORE AND PRAY IT AGAIN..."GOD BE MY PEACE."

BEACH WALK + PRAY

PRAY: HEART & MIND

TAKE A MOMENT AND EXAMINE YOUR HEART AND MIND. BE HONEST WITH GOD ABOUT YOUR LIFE, YOUR THOUGHTS, YOUR DREAMS, AND YOUR STRUGGLES. ASK GOD TO GUARD YOUR HEART AND MIND.

WALK

AS YOU WALK, THINK ABOUT GOD GUIDING YOUR STEPS. WITH EACH STEP, CONSIDER THE DIRECTION OF YOUR LIFE. PRAY AS YOU WALK FOR GOD TO GUIDE YOU AND GIVE YOU WISDOM AND CONVICTION.

PRAY: GUIDE

TAKE SOME TIME TO SLOW DOWN.
ENJOY THE BEACH AND GOD'S CREATION.
THINK BACK TO HOW GOD HAS WORKED IN YOUR LIFE.
REMEMBER HOW HE HAS BEEN WITH YOU IN THE PAST.

AS YOU THINK ABOUT WHAT'S AHEAD - WITH JOY OR CONCERN - FOR YOU OR SOMEONE YOU KNOW - PLACE IT IN GOD'S HANDS.

THANK HIM FOR HIS FAITHFULNESS IN THE PAST.
ASK HIM TO WORK AGAIN IN WHAT'S AHEAD.

WALK

TAKE AS MUCH TIME TO WALK AND PRAY AS YOU WOULD LIKE AND MAYBE GOD BE YOUR PEACE AS HE GUARDS YOUR HEART AND MIND.