

## Walking with Jesus

*Walking is a great time to spend in prayer, allowing God to refresh your spirit with peace at the same time as you care for your body. It is a conscious decision to focus on your Creator for this time and leave your daily troubles behind you.*

*Developing a thankful, outward-looking attitude brings joy to you and to God who loves you.*

These simple practices may help you:

- Give yourself permission to relax and leave behind the stresses of the day. Prayerfully welcome Jesus to accompany you.
- Take some deep breaths out and in, releasing your tension to Jesus and breathing in his peace.
- Engage your senses to help you realise how richly God has blessed you... Look around – where is beauty?
- What sounds do you hear? Which ones bring you joy?
- Notice the different textures around you. Touch those which intrigue or delight you.
- Can you detect some new smells? How many?
- Give thanks for the beauty that surrounds you.
- Are there any whispers in your soul that you can heed?
- Commit yourself afresh to living close to Jesus and the example He has given you.

*Let the peace that Christ gives control your thinking. It is for peace that you were chosen to be together in one body. And always be thankful. Colossians 3:15 ERV*