

Prayer walk guide

Pause for a while and pray. Use all your senses to draw close to the Creator as an act of worship, prayer and praise.

LISTEN TO BIRDSONG

Stop and listen. Can you hear birdsong? Most birdsong ceases by the autumn, but the robin is one species that continues to sing its melodies throughout the year. Pray for A Rocha UK's Partners in Action who are taking practical action to boost local populations of vulnerable species. For more information about our Target 25 project, visit: arocha.org.uk/what-we-do/target-25/

SIT

Find a spot to sit down. As you look around at God's creation, what can you see? What can you hear? Use this space to pray for our leaders, both locally and nationally, as they make decisions that affect the natural world. Pray for wisdom and discernment. Pray that they will recognise the urgent need to protect and restore nature and to put policies in place that will safeguard and renew nature in the UK.

NOTICE RUBBISH

Look on the ground, in hedges or on verges, or peer into a litter bin. If you can't see any rubbish, give thanks for the people who have taken it away! If you do see any, dispose of it if you can do that safely. Pray for those you know who champion recycling or are trying to live with less plastic and less waste. Consider what you could do to create less waste in and around God's creation.

LOOK AT A LEAF

Pick up a leaf that has fallen to the ground. Hold it in your hand. Turn it over, and notice its structure, veins and tiny details. Many trees drop their leaves as the seasons change. Give thanks to the Lord that He knows the seasons of our lives and that no detail is a surprise to Him.

FIND A TREE

Put your hand on the trunk. Look up and see how tall the tree is. Thank God that he is bigger than the tree and commit any worries or concerns about wildlife and the climate crisis to God, knowing that he is all-powerful.

WATCH AN INSECT

Find an insect or another animal and watch it move with purpose and direction. Pray for the Eco Churches in England and Wales. Pray that they will have energy, purpose and direction as they care for God's earth as part of their everyday mission.

SPOT THE FUNGI

See if you can spot any mushrooms (but don't touch any of them). Fungi tend to grow on decaying matter and provide vital nutrients to plants. Give thanks for this circle of life and how it reminds us that through Jesus' death and resurrection we have the hope of life beyond death.

Other ways to get involved with A Rocha UK

Keep in touch

bit.ly/aruksignup

Encouraging Birds

bit.ly/encouragingbirds

Target 25 project

arocha.org.uk/what-we-do/target-25/

Trees and Hedges

bit.ly/treesandhedges

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