



Free Listening Hearts Program Materials

Heartlinks

A Library of Meditations for Individuals or Groups

Take a Walk

You can try this walking meditation on city streets or country roads, on a woodland path at dawn or a suburban street at night. Read over this guide once or twice, until you feel comfortable and confident setting out.



Those who wish to walk with God must detach themselves from long-held habits of thought and action that separate them from the divine presence. – *Keeping in Tune with God*, p 13

1. Take a moment to become still. Draw slow, deep breaths. Open yourself to God's presence; allow yourself to become immersed in that presence. Take the circumstances of your daily life into your meditation with you, especially any question or issue with which you may be wrestling.



2. Read the following passage from Scripture, or if you prefer, select another passage that you'd like to meditate with today. Repeat your text over and over, eventually zeroing in on a few words or even a single word.

To act justly and to love mercy and to walk humbly with your God. – Micah 6:8

3. Set out.



In Listening Hearts programs, we offer prayer rings to be used as centering devices during different forms of contemplation, especially walking. One wears the ring around a finger and places the cross in the palm of his or her hand. You could also try using a stone or a stick found along your way, held in the palm of your hand to keep yourself centered.

As you walk, keep the Scripture passage close to your heart. Use this as an opportunity for these holy words to take root in your being; let God touch you through the word or words. While walking, try to feel a sense of reverence for the ground beneath you, the air around you, the sky above you, and the wonder of God's creation. Stop to rest and sit quietly any time you want.

3. At the end of your walk, return to your starting place. Take a final moment to offer your prayerful walk to God, drawing your meditation to a close.