



Back to Jerusalem and The Spirituality of Walking

After the resurrection of Jesus, the disciples left Jerusalem and returned to their homes in Galilee. Slowly, over the seven weeks that followed, Jesus appeared to them in various places and the disciples all made their way back to the upper room in Jerusalem for Pentecost, roughly 100 miles away.

This May, we invite you to begin your own journey back to Jerusalem for Pentecost.

To participate in this challenge, set a goal of the time and/or distance you challenge yourself to travel between now and Pentecost. There are two different kinds of walking in the challenge that will count towards your goal: distance in the literal act of walking and time spent spiritually walking alongside one another while remaining in place. For the latter, every 20 minutes spent will count as one mile. Track your progress using the [Spirituality of Walking Goal Sheet](#).

In order to aid in the development of new spiritual practices, we encourage everyone to try a variety of different spiritual walks. These include but are not limited to the following:

Walking for One

- Freeform prayer walk or meditation
- Use scripture to guide prayer walk or meditation
- Walk the labyrinth or use a finger labyrinth
- Walk while praying or meditate on the Jesus prayer or radial prayer (self, neighborhood, community, country, and world)
- No technology walk or no technology hour

Walking for Two

- Discuss scripture or sermon while walking or visiting with a partner
- Second Mile Walk:
 - Spend half the time of walk or visit listening to your partner without interrupting and the other half talking without being interrupted
- Seek out a walking or visiting partner specifically to listen and learn about a new perspective or a person's story
- Find a partner to be your *Anam Cara* (spiritual friend) and agree to walk or visit with your partner regularly



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Walking for Three or More

- Visit the following locations with a group and pray for:
(If able, walk around the following locations with the group while praying)
 - the church praying for our community
 - a jail/prison praying for inmates
 - a school praying for the students
 - a neighborhood praying for neighbors/residents
 - a government building praying for our elected officials
 - in nature praying for the natural world
 - a hospital praying for the patients, nurses, and doctors
- Visit and walk with, if able, a Bible Study or Small Group

Walking for the Family

- Take a picture with you and Jesus on your walks or visits;
post online and tag it #itakejesuswithme #kirkintheworld

Mid-Week Walks

- A walking group will meet Tuesdays at 9:30 a.m. outside the Kirk Preschool doors and walk a path around Kirk in the Hills.

Sunday, May 19 – Walk around the Kirk

- Scavenger Hunt for families
- Prayer Stations around the Kirk

Sunday, May 26 – Memorial Day Walks

- #itakejesuswithme
- #kirkintheworld
 - Post hashtags to Facebook, Instagram, or Twitter

Sunday, June 2 – Group Walks

- Walk to BHHS and pray for students
- Carpool to Oakland County Jail and pray for inmates and prison system
- Go to Fox Run and walk with residents and/or visit with residents



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