

GO AND...

Spiritual Practice: Praying Feet



Go where your best prayers take you.
- Frederick Buechner

As you on the go, keep an eye out for footprints! This may be muddy boot prints in the store, wet footprints on the sidewalk, or steps in sand or dirt! Say a prayer for those whose feet these are. For we know that prayer is not a stagnant thing. We “Go and... pray,” and we pray while we are on the go. Together, let us pray and lean into and out of our “Go and...” theme:

Holy God, we give you thanks for your goodness and loving kindness to us and to all people. For bringing us through the water of baptism into the Body of Christ. For (say the name of the person of the feet or for whom your drawing of feet represents this day) and for _____ (our own names). For the gift of belonging in Christ, we give you thanks. For our partnership in the Gospel of Jesus Christ, for the Spirit that has empowered us to witness, we give you thanks. For your constant presence in our lives and your companionship in our journeys. For walking and dwelling with us, we give you thanks. For what is ahead of us, where we walk, where we visit, where you lead and where you allow yourself to be led, we give you thanks.

In the name of Jesus, we pray. Amen

May we together dare to Go And...
live justly, love mercy, and walk humbly with you, God!