Need banner **– “Interactive Prayer Walk for Families. All are welcome!”**

**Prayer Path Signs**

1. Welcome to the prayer path
2. Picture of cycle of butterfly
3. Become a cocoon
4. We’re emerging – preparing to fly again!
5. Bible picture of Isaiah 43:18-19
6. As you emerge, do you feel…?
7. **Fun and Joyful** - Have fun, be joyful!
8. Twirl or jump
9. Make a funny face
10. Look at gazing ball
11. Skip or run to the next sign
12. *“Make a joyful noise to the Lord.” Ps. 100:1*
13. As you emerge, do you feel…?
14. **Gratitude**
15. Stepping stone path (famiy, friends, nature, school, God, health, home, What are you grateful for?)
16. “*I will thank you, O Lord, will all my heart.” Ps. 9:1*
17. As you emerge, do you feel…?
18. **See the Best in Others**
19. Put on your glasses of loving kindness
20. What do you see that is special about someone you’re with? Tell each other.
21. *“Love each other just as I have loved you.” John 13:34*
22. As you emerge, do you feel…?
23. **Bold and Brave**
24. Make this pose. (wonder woman pose)
25. You are bold (written on the mirror)
26. Make this pose. (mountain pose)
27. You are brave (written on the mirror)
28. “*When I am afraid, I put my trust in you.” Ps. 56:3*
29. As you emerge, do you feel….?
30. **Good Listener (wind chimes)**
31. Be still
32. How many sounds do you notice?
33. *“Call on me and come and pray to me, I will listen to you.” Jer. 29:12*
34. As you emerge, do you feel….?
35. **You belong, we all belong**
36. Take a selfie in front of banner with diverse picture of kids.
37. Loving Kindness Meditation
38. Inhale put hand on heart
39. Exhale open arms – yourself, someone special, someone who hurt you, plants and animals, world)
40. *“Strive for peace with everyone.” Heb. 12:14*
41. **Butterfly Hug** – picture of person with hands on chest, thumbs interlocked
42. Slowly inhale and exhale
43. Pat your chest, first with one hand, then the other and breathe
44. Positive affirmation???
45. You’ve emerged. Do you feel calm? Peace?
46. “*I will give you a new heart and put a new spirit in you”. Ez. 36:26 Or “but those who hope in the Lord will renew their strength.” Isaiah 40:31*