



The Church of Scotland

WALKING TOGETHER

Reflection cards for all ages

Guide for Walk Leaders



Reflective walks can be a meaningful way for people to connect with God, creation and each other. They can be done alone or in a group, with church regulars or those with no church connection, in a rural or urban setting. Our Walking Together cards can aid conversation and reflection with people of different generations. The cards can be used in any order and in any way you like. Feel free to add other ideas, for example you might want to encourage people to take photos along the way or stop at places of significance.

Before you go

- Know your route and ensure walkers are suitably clothed
- Check everyone has enough food and drink
- Take a first aid kit
- Discuss with the group how this walk is an opportunity to walk with God and a time to reflect and be aware of their reactions or feelings
- Discuss how you would like to use the cards – do you want to look at them all in advance or as you go; consider them individually, or as a group?
- You may suggest that people think of something they would like to reflect on as they walk. Is there a particular question I need answering? Is there someone I'm worried about at the moment? Is there something I need to let go of?
- Encourage people to use silence and time with others on the walk. You could identify a 'silent group' leader, or 'buddies' who will be available if anyone wants to talk about a particular issue
- Think about ways to encourage conversations between generations

As you go

- Start with a prayer asking God's Spirit to enrich your senses as you go
- Use the prayer suggestions on the cards to help reflect on the different things you may see on your walk
- Stop along the way to focus on particular themes, or simply look around and reflect on the prompts as you walk

As you finish your walk

- Once everyone has reached the end of the walk, gather together and invite people to share their experiences of the day: anything they have gained from the walk, things they have thought about, pictures they took along the way, how tired or invigorated they feel
- Close in prayer, using your own or the prayers on the Walking Together cards

Order sets of cards:

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Download:

www.churchofscotland.org.uk/bigfootprint

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