

# A Lenten Walking Ministry Guide

*“Give Up to Step Up...  
Walking Closer with Jesus.”*



## WALK WITH ME, LORD

*Give Up to Step Up... Walking Closer with Jesus*

*Spiritually • Physically • Mentally*

*Join us for a 40-Day Lenten Walking Journey*

*“We walk by faith, not by sight.”*

*— 2 Corinthians 5:7*

- Put on Your Walking Shoes
- Track Your Steps
- Walk by Faith

*“I want Jesus to walk with me...”*

*40 Days of Stepping Closer to Jesus*



Presented by the  
**DEPARTMENT OF LAY MINISTRIES**

First Episcopal District • Christian Methodist Episcopal Church

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## **MINISTRY INVITATION FROM THE DEPARTMENT OF LAY MINISTRIES**

A Lenten Walking Journey of Faith, Health, and Renewal. As we enter the sacred Season of Lent, many of us prayerfully consider what we will give up. This year, the Laity invites you to also take up something life-giving.

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## OUR CHALLENGE

We invite you to join a 40-Day Lenten Walking Journey—a daily commitment to grow spiritually, physically, and mentally as we walk together with the Lord. *“We walk by faith, not by sight.”* — 2 Corinthians 5:7

## HOW IT WORKS

- Put on your walking shoes for Jesus
- Use a pedometer, phone app, watch to track your steps, or just walk
- Set your own daily step goal
- Walk alone, with a partner, or in a group
- Walk in your neighborhood, park, track, gym, or mall
- Share encouragement and progress through social media and church members, friends, family, other associates

Every step becomes a prayer in motion. Every mile becomes worship on the journey.

## SPIRITUAL EMPHASIS

As we walk, we remember:

- We are giving up habits that hinder us
- We are stepping up in faith and discipline
- We are walking more closely with God

## OUR WALKING SONG REMINDS US...

“I want Jesus to walk with me, While I’m on this tedious journey...”  
And the Lord promises: *“Draw near to God, and He will draw near to you.”* — James 4:8

## MINISTRY PURPOSE

This Lenten journey will bless us:

- Spiritually – deeper prayer, reflection, and surrender
- Physically – healthier bodies and renewed strength
- Mentally – peace, clarity, and encouragement

**This is more than exercise.  
This is discipleship in motion.**

# Days 1-5

## Beginning the Journey

### DAY 1 — Begin the Journey

#### Scripture

*“Let us run with patience the race that is set before us.”*  
— Hebrews 12:1

#### Reflection

Every holy journey begins with a single willing step.

#### Walking Prayer

Lord, today I simply begin. Order my first steps, calm my fears, and remind me that You walk beside me. Amen.

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### DAY 2 — Walking by Faith

#### Scripture

*“We walk by faith, not by sight.”* — 2 Corinthians 5:7

#### Reflection

Faith moves forward even when the path is unclear.

#### Walking Prayer

God, when I cannot see the whole way, teach me to trust the next step. Let faith be stronger than doubt today. Amen.

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### DAY 3 — Laying Down Burdens

#### Scripture

*“Cast all your care upon Him; for He careth for you.”* — 1 Peter 5:7

#### Reflection

What we release to God no longer has power to weigh us down.

#### Walking Prayer

Lord, with every step I release worry, fear, and heaviness. Carry what I cannot carry, and fill me with Your peace. Amen.

## **DAY 4 — Strength for the Body and Soul**

### **Scripture**

*“I pray that you may prosper in all things and be in health, just as your soul prospers.” — 3 John 1:2*

### **Reflection**

Caring for the body is also an act of honoring God.

### **Walking Prayer**

Thank You, Lord, for breath, movement, and strength. Renew my body, refresh my mind, and restore my spirit as I walk today. Amen.

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## **DAY 5 — Closer Than Before**

### **Scripture**

*“Draw near to God, and He will draw near to you.” — James 4:8*

### **Reflection**

Every sincere step toward God is met by His loving presence.

### **Walking Prayer**

Lord, as my feet move forward, draw my heart closer to You. Let this walk become worship and this journey become transformation. Amen.

<p style="text-align: center;"><b>Days 6-10</b> <b>Moving Into Repentance, Renewal, and Endurance</b></p>
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## **DAY 6 — A Heart Turned Toward God**

### **Scripture**

*“Create in me a clean heart, O God; and renew a right spirit within me.” — Psalm 51:10*

### **Reflection**

Lent begins its deepest work when the heart turns fully toward God.

### **Walking Prayer**

Merciful Father, cleanse my heart as I walk today. Remove what is not like You, and renew a right spirit within me. Amen.

## **DAY 7 — Strength for the Journey**

### **Scripture**

*“They that wait upon the Lord shall renew their strength... they shall run, and not be weary; and they shall walk, and not faint.”*  
— Isaiah 40:31

### **Reflection**

God’s strength meets us exactly where our strength ends.

### **Walking Prayer**

Lord, when I feel tired in body or spirit, renew me with Your power. Help me walk without fainting and trust You for endurance. Amen.

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## **DAY 8 — Walking in Obedience**

### **Scripture**

*“If ye love Me, keep My commandments.”* — John 14:15

### **Reflection**

Love for Christ is revealed through daily obedience.

### **Walking Prayer**

Jesus, teach me to follow You with willing steps. Let my choices, words, and actions show that I truly love You. Amen.

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## **DAY 9 — Peace Along the Path**

### **Scripture**

*“Thou wilt keep him in perfect peace, whose mind is stayed on Thee.”*  
— Isaiah 26:3

### **Reflection**

When the mind rests in God, the heart discovers peace.

### **Walking Prayer**

Prince of Peace, quiet every anxious thought within me. As I walk, let Your calm presence settle my mind and steady my heart. Amen.

## **DAY 10 — Joy in the Discipline**

### **Scripture**

*“The joy of the Lord is your strength.”* — Nehemiah 8:10

### **Reflection**

Spiritual discipline becomes delight when joy leads the way.

### **Walking Prayer**

Lord, place Your joy deep within my spirit today. Let this walk be more than routine— let it be rejoicing in Your presence. Amen.

<p style="text-align: center;"><b>Days 11-15</b> <b>Moving Into Trust, Surrender,</b> <b>and Deeper Communion with Christ</b></p>
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## **DAY 11 — Trusting the Path**

### **Scripture**

*“Trust in the Lord with all thine heart; and lean not unto thine own understanding.*

*In all thy ways acknowledge Him, and He shall direct thy paths.”*

— Proverbs 3:5–6

### **Reflection**

God guides the steps we fully place in His hands.

### **Walking Prayer**

Lord, I release my need to understand everything. As I walk today, direct my path and teach me to trust You completely. Amen.

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## **DAY 12 — Surrendering Control**

### **Scripture**

*“Not my will, but Thine, be done.”* — Luke 22:42

### **Reflection**

True freedom begins where surrender to God begins.

### **Walking Prayer**

Father, I lay down my plans, my timing, and my control. Shape my life according to Your will as I follow You step by step. Amen.

## DAY 13 — God Walks With Me

### Scripture

*“When thou passest through the waters, I will be with thee... when thou walkest through the fire, thou shalt not be burned.”*

— Isaiah 43:2

### Reflection

We never walk alone—God is present in every season.

### Walking Prayer

Thank You, Lord, that You are with me in calm days and in difficult ones. Let Your presence be more real to me than anything I face today. Amen.

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## DAY 14 — Listening in the Quiet

### Scripture

*“Be still, and know that I am God.”* — Psalm 46:10

### Reflection

Silence creates space for God’s voice to be heard.

### Walking Prayer

God, quiet the noise within and around me. As my feet move, let my spirit become still so I may hear You clearly. Amen.

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## DAY 15 — Abiding in Christ

### Scripture

*“Abide in Me, and I in you... for without Me ye can do nothing.”*

— John 15:4-5

### Reflection

Spiritual strength flows from staying connected to Jesus.

### Walking Prayer

Jesus, help me remain close to You in every moment. Let my thoughts, words, and steps flow from Your life within me. Amen.

## Days 16–20

Turning Toward **Perseverance, Healing, Forgiveness, and Inner Renewal** as the Journey Moves Closer to the Cross.

### DAY 16 — Strength to Keep Going

#### Scripture

*“Let us not be weary in well doing: for in due season we shall reap, if we faint not.”* — Galatians 6:9

#### Reflection

Faithfulness in small daily steps leads to God’s appointed harvest.

#### Walking Prayer

Lord, when I feel tired or discouraged, give me strength to keep walking. Help me trust that every faithful step matters in Your perfect timing. Amen.

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### DAY 17 — Healing for the Heart

#### Scripture

*“He healeth the broken in heart, and bindeth up their wounds.”*  
— Psalm 147:3

#### Reflection

God meets us tenderly in the places that still ache.

#### Walking Prayer

Gentle Healer, touch the hidden places of my heart. As I walk today, mend what is broken and restore me with Your love. Amen

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### DAY 18 — The Gift of Forgiveness

#### Scripture

*“Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.”* — Ephesians 4:32

#### Reflection

Forgiveness frees the soul to walk forward without chains.

#### Walking Prayer

Merciful God, help me release every hurt and offense. Teach me to forgive as You have forgiven me, so my heart may walk in freedom. Amen.

## **DAY 19 — A Renewed Mind**

### **Scripture**

*“Be transformed by the renewing of your mind.”* — Romans 12:2

### **Reflection**

Changed thinking opens the door to changed living.

### **Walking Prayer**

Lord, reshape my thoughts according to Your truth. Remove every lie, fear, and negativity, and renew my mind with Your peace. Amen.

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## **DAY 20 — Resting in God’s Care**

### **Scripture**

*“Come unto Me, all ye that labour and are heavy laden, and I will give you rest.”* — Matthew 11:28

### **Reflection**

True rest is not found in stopping—it is found in surrendering to Christ.

### **Walking Prayer**

Jesus, I bring You my weariness and burdens. As I walk, let Your rest settle over my soul and Your peace carry me forward. Amen.

**The quiet preparation before turning toward the Cross.**

**Days 21–25**

These Will Guide Us Into

**Humility, Sacrifice, Deeper Prayer, and Wholehearted  
Devotion as Lent Begins Leaning Toward Calvary.**

## **DAY 21 — The Beauty of Humility**

### **Scripture**

*“Humble yourselves in the sight of the Lord, and He shall lift you up.”*  
— James 4:10

### **Reflection**

When we bow low before God, He raises us in grace.

## **Walking Prayer**

Lord, remove pride from my heart and clothe me in true humility. As I walk today, teach me to depend fully upon You. Amen.

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## **DAY 22 — A Living Sacrifice**

### **Scripture**

*“Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”* — Romans 12:1

### **Reflection**

Every surrendered step becomes an offering of worship.

### **Walking Prayer**

Father, I offer You my body, my time, and my strength. Let this walk be holy before You and pleasing in Your sight. Amen.

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## **DAY 23 — Seeking God First**

### **Scripture**

*“Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.”* — Matthew 6:33

### **Reflection**

When God is first, everything else finds its proper place.

### **Walking Prayer**

Lord, reorder my priorities today. Help me seek You above all else and trust You to provide what I need. Amen.

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## **DAY 24 — Persistent Prayer**

### **Scripture**

*“Men ought always to pray, and not to faint.”* — Luke 18:1

### **Reflection**

Prayer keeps the soul standing when life feels heavy.

### **Walking Prayer**

God, teach me to pray without giving up. With every step, let my heart call out to You in faith, hope, and trust. Amen.

## **DAY 25 — Loving Like Christ**

### **Scripture**

*“This is My commandment, That ye love one another, as I have loved you.” — John 15:12*

### **Reflection**

The clearest sign of walking with Jesus is loving like Jesus.

### **Walking Prayer**

Jesus, fill my heart with Your compassion. Let kindness guide my words and love shape my actions today. Amen.

The road ahead now turns toward  
**surrender, the Cross, and holy hope.**

### **Next sacred movement:**

#### **Days 26–30**

These will lead us into  
**repentance, surrender, carrying the cross, and trusting God in suffering—**  
the most solemn stretch of the journey.

## **DAY 26 — A Call to Repentance**

### **Scripture**

*“Return unto Me with all your heart, with fasting, and with weeping, and with mourning.” — Joel 2:12*

### **Reflection**

Repentance is not punishment—it is the doorway back to God’s embrace.

### **Walking Prayer**

Merciful Lord, I turn my whole heart toward You. Forgive my sins, cleanse my spirit, and lead me back into Your loving presence. Amen.

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## **DAY 27 — Surrendering Everything**

### **Scripture**

*“Whosoever he be of you that forsaketh not all that he hath, he cannot be My disciple.” — Luke 14:33*

### **Reflection**

True discipleship begins where total surrender begins.

## **Walking Prayer**

Jesus, I release every attachment that keeps me from You. Be Lord over my heart, my plans, and my future from this day forward. Amen.

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## **DAY 28 — Taking Up the Cross**

### **Scripture**

*“If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me.”* — Luke 9:23

### **Reflection**

The cross we carry becomes the path that leads us to life.

### **Walking Prayer**

Lord, give me courage to deny myself and follow You faithfully. Strengthen me to carry whatever cross obedience requires. Amen.

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## **DAY 29 — Trusting God in Suffering**

### **Scripture**

*“Though He slay me, yet will I trust in Him.”* — Job 13:15

### **Reflection**

Faith shines brightest in the darkest valleys.

### **Walking Prayer**

God, when life is painful or uncertain, anchor my heart in trust. Help me believe that You are still good, still present, and still working. Amen.

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## **DAY 30 — Hope at the Edge of the Cross**

### **Scripture**

*“Weeping may endure for a night, but joy cometh in the morning.”*  
— Psalm 30:5

### **Reflection**

Even in sorrow, God is already preparing resurrection joy.

### **Walking Prayer**

Lord, when I feel the weight of sorrow or waiting, remind me that morning is coming. Fill me with quiet hope as I continue this sacred walk. Amen.

We are now standing in the **shadow of the Cross.**

We have walked through:

Repentance • Total surrender • Carrying the cross • Trust in suffering

Hope before resurrection

**The next sacred movement:**

### **Days 31–35**

These will begin turning our hearts toward the love of Christ, the finished work of Calvary, and rising hope as Resurrection draws near. We have arrived at the holy threshold of Resurrection. These final days are filled with victory, new life, and everlasting hope.

## **DAY 31 — The Depth of Christ’s Love**

### **Scripture**

*“Greater love hath no man than this, that a man lay down his life for his friends.”* — John 15:13

### **Reflection**

The Cross is love written in sacrifice.

### **Walking Prayer**

Jesus, thank You for loving me enough to give Your life for mine. Let Your sacrificial love shape the way I live and love today. Amen.

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## **DAY 32 — It Is Finished**

### **Scripture**

*“When Jesus therefore had received the vinegar, He said, It is finished.”* — John 19:30

### **Reflection**

What we could never complete, Christ completed on the Cross.

### **Walking Prayer**

Lord, thank You that my salvation does not depend on my strength but on Your finished work. Help me rest in the grace You have already provided. Amen.

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## **DAY 33 — Forgiveness at the Cross**

### **Scripture**

*“Father, forgive them; for they know not what they do.”* — Luke 23:34

### **Reflection**

The Cross speaks mercy even to those who caused the pain.

### **Walking Prayer**

Merciful Savior, teach me to forgive as freely as You forgave. Remove bitterness from my heart and fill me with Your compassion. Amen.

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## **DAY 34 — Waiting in Holy Silence**

### **Scripture**

*“Be still before the Lord, and wait patiently for Him.”* — Psalm 37:7

### **Reflection**

God often works most deeply in the quiet places of waiting.

### **Walking Prayer**

Lord, in seasons of silence and uncertainty, help me trust what I cannot yet see. Teach me to wait with faith and rest in Your presence. Amen.

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## **DAY 35 — Hope Rising Within**

### **Scripture**

*“Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead.”* — 1 Peter 1:3

### **Reflection**

Resurrection hope begins before the stone is rolled away.

### **Walking Prayer**

God of hope, let resurrection light rise within my heart even now. Fill me with expectation, joy, and unshakable faith in what You will do. Amen.

We are now standing at the **edge of Resurrection morning**.  
Only **five sacred days remain** in this holy walk.

The final movement:

**Days 36–40**

These will carry us through:

Victory over death • New life in Christ • Resurrection joy  
Living the walk beyond Lent

## **DAY 36 — Victory Through Christ**

### **Scripture**

*“But thanks be to God, which giveth us the victory through our Lord Jesus Christ.” — 1 Corinthians 15:57*

### **Reflection**

The Cross was not the end—God’s victory was already on the way.

### **Walking Prayer**

Lord, thank You that every battle I face is held within Your greater victory. Help me walk today with courage, confidence, and faith in You. Amen.

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## **DAY 37 — New Life Begins**

### **Scripture**

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” — 2 Corinthians 5:17*

### **Reflection**

Resurrection is not only an event—it is a new way of living.

### **Walking Prayer**

Jesus, breathe new life into every part of me. Let old habits fall away and new holiness rise within my heart. Amen.

## DAY 38 — The Stone Rolled Away

### Scripture

*“He is not here: for He is risen, as He said.”* — Matthew 28:6

### Reflection

No stone is too heavy for the power of God.

### Walking Prayer

Risen Lord, roll away every barrier in my life—fear, doubt, shame, and despair. Let resurrection power open new paths before me. Amen.

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## DAY 39 — Walking in Resurrection Joy

### Scripture

*“Then were the disciples glad, when they saw the Lord.”* — John 20:20

### Reflection

Seeing Jesus changes sorrow into unshakable joy.

### Walking Prayer

Lord, fill my heart with resurrection joy that no circumstance can steal. Let gladness guide my steps as I walk in Your presence today. Amen.

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## DAY 40 — Continuing the Walk

### Scripture

*“As ye have therefore received Christ Jesus the Lord, so walk ye in Him.”* — Colossians 2:6

### Reflection

The Lenten walk ends, but the lifelong walk with Christ continues.

### Walking Prayer

Faithful Savior, thank You for walking with me through these forty sacred days. Help me keep walking with You in faith, obedience, and love—not just in Lent, but all my days. Amen.

*It is finished.*





# **“I Want Jesus to Walk With Me”**

(African-American Spiritual)

1. I want Jesus to walk with me.  
I want Jesus to walk with me.  
All along my pilgrim journey,  
I want Jesus to walk with me.
  
2. In my trials, walk with me.  
In my trials, walk with me.  
When the shades of life are falling,  
I want Jesus to walk with me.
  
3. In my sorrows, walk with me.  
In my sorrows, walk with me.  
When my heart within is aching.  
I want Jesus to walk with me.
  
4. In my troubles, walk with me.  
In my troubles, walk with me.  
When my life becomes a burden,  
I want Jesus to walk with me.