

Walk with Christ

“What does the Lord require of you
But that you *walk* humbly with God.” – Micah 6:8

March 1-21, 2025

The Young Adult Sabbath Group has been studying and discussing mental health. Our purpose is to *walk* and *pray* with Jesus about self, family, city and nation. All while promoting ‘Walk with Christ’ with family and friends.

1. A beautiful Sabbath it is and a time God created for us. On this day do something kind for yourself, reflect on it and be grateful.
2. Well, you got started! Today let us pray for our widows, elders, sick, and shut-in. Take it a step further if you can, and call or visit one.
3. Let’s pray for all mothers and expecting mothers. (Proverbs 31:25-30)
4. Well guess what today is? It is a day to answer just as Jesus asked of the blind man. “What is it that you want me to do for you?” Talk to Him on your behalf, today the steps you take are for you.
5. You made it here today by the grace of God. Pray for the children of the church. They are the future and the enemy waits on no one.
6. Today we pray for financial wisdom. (Proverbs 21:20, Deuteronomy 28:12)
7. Today we are praying for families and single individuals who are providing care for loved ones with mental challenges. May God ease the heaviness, send breaks and assistance.
8. Play your favorite worship song and really listen to the words. Then I want you to pray for whatever comes to mind while you are listening.
9. Let’s pray for the MISDA- wisdom, leadership, and teachers. They play such a vital role in our lives.
10. Happy Monday! You’ve been doing so well! Keep going. Today let’s pray for forgiveness. I want you to reflect on the New Testament and how God gave His life for us no matter the cost. We didn’t deserve it but He did it for us. If you say I’m just not there yet then pray for the ability to forgive.
11. Today we are going to pray for our Pastor and our church elders. Everyone plays a role in our church, even you. They need our prayers so send them up! (Hebrews 13:7)
12. Look at you taking those steps! How do you feel? I hope your response was positive because you should feel good. God is amazing! I want you to pray for joy, never ending joy. Joy in every season, joy no matter what trials or tribulation may come.

13. Pray for our government and political leaders. Our President. No matter if you agree or disagree with those in office. God can use anyone.
14. Wow, we're two weeks in! Can you believe it? Today we are going to think of three people and cover them in prayer. Then if you like to take it a step further, reach out to that person and send them a scripture, devotional, or an uplifting message.
15. Pray that God will search your heart and He will create in you a new one. That you be made in his image and likeness.
16. Do you see what day it is? Pat yourself on the back, you did an outstanding job. I can't wait to hear the wonderful testimonies. Today I want you to pray over an area in your life that needs victory!
17. We made it to the final week. WooHoo! Today pray for someone who doesn't know God or needs His divine intervention in their life.
18. I really hope this walk has helped you mentally and physically. Pray over something that may make you angry or bitter. Ask God to help you let it go.
19. As we make our last steps to this end of journey. Pray for your environment. Pray for your neighbor and every house on your street. It doesn't have to be long or drawn out. It can be as simple as God help them or God let my house be a beacon of light to the people on this street. Whatever God leads you to pray.
20. Look at you! Keep going, don't get tired. Every step you take is for a purpose. Even if it's just a short walk it still counts. Today we come before God asking him for nothing but simply praising him for who He is. Lift God up! (Psalms 63:4)
21. You are a champion! Today, think of all your church members and pray that they have made it this far with you. That every uttered prayer be heard and answered according to God's will. That every step we've taken broke strongholds and every praise was glorified unto Him. Meet your brothers and sisters in Christ to bring in the Sabbath with one last walk and prayer for completion of this Walk with Christ Journey.

Walk with Christ

“What does the Lord require of you
But that you *walk* humbly with God.” – Micah 6:8

March 1-21, 2025

The Young Adult Sabbath Group has been studying and discussing mental health. Our purpose is to *walk* and *pray* with Jesus about self, family, city and nation. All while promoting ‘Walk with Christ’ with family and friends.

1. Happy Sabbath! Today is the first day of this journey and while everyone is spending time with God, how about we thank God for three things in your life that make you happy.
2. So excited for this journey, you can do this! Join us in prayer for a transformed heart for the next 20 days. (Ezekiel 36:26, Psalm 51:10)
3. Happy Monday! When you first wake up, fall to your knees and go before God. Ask God to give you purpose today. Tell Him that you want His plan to be yours.
4. Today ask God to allow you to laugh, really laugh. Laughter is said to be medicine for the soul. (Proverbs 17:22)
5. It’s such a beautiful thing to experience true love and my hope is that you may experience it in your lifetime. Today as you walk, pray for marriages and for partners that they will seek to love one another as Christ loves us. Pray for unity and peace. If you're not married, pray for your future spouse. (Collosians 3:14, 1 Corinthians 13:4-7)
6. You're one day shy of a week, look at you go. Today, envision every person you’ve helped in life and pray that their heart is in the arms of an angel being well watched over. If you never helped someone before, ask God that he put someone in your path to bless. (Matthew 25:44-45)
7. As you prepare for Sabbath or go about your daily task, look for a person that seems out of place and give a warm smile or say hello. Go a step further to be courageous and ask to pray with them. Pray silently for them as you walk away.
8. As you walk today, walk with the faith of Peter and let every step you take be with focus. Speak to end *racism*, *hatred*, and all acts of injustice. Let each step represent the love of God permeating darkness. (John 1:5)
9. Hello, my walking champion. Are you ready for another walk? Today we intercede on behalf of the United States of America. We pray that God will have mercy and we pray for our leaders in high places. (1 Timothy 2:1-4)

10. Push, you're making such a difference. Keep going! Take a walk in a nearby park and find a spot to sit or a tree to lean against. Pray for the person that may sit or stand in that place.
11. Listen, you're doing a phenomenal job. We're breaking strongholds together. Lift up your prayers for family to be drawn closer to God.
12. Today I want you to be completely selfless and ask God to lay someone on your heart that needs to experience His love today.
13. I sure hope your feet are ready to walk with Jesus today. When praying, ask God to help you sing praises in your heart all day long even when things aren't ideal. Let that be the only thing you ask God for today and then just praise him all day long. Praise him through trials and tribulations. Praise him no matter what. (1 Thessalonians 5:16-18)
14. Today as you walk I want you to think of all the children in foster care and those that are living in conditions that are not fitting. Ask God to shower them with the presence of the Holy Spirit and send a vessel of light and love to each one.
15. Today make it personal! This walk is for you as well as those you've been praying for. Pray for a fear you need to face. (Philippians 4:6-7)
16. Pray for mental and emotional healing. Are there some things you've been harboring, grudges you've been holding, low self esteem, or anxieties? Give it all to God; for that is why He's here. (Psalm 139:14, 2 Corinthians 12:9)
17. Pray for your children (or other children in your life) to have a hunger for Truth.
18. With just a few more days to go we are coming to the end of our journey. I am asking that you pray for traveling mercies for those traveling by air, land or sea.
19. Pray that you will clothe yourself daily with the armor of God. (Ephesians 6:11) A belt of truth, breastplate of righteousness, a shield of faith, a helmet of salvation, and a sword of the Spirit, which is the word of God.
20. Intercede on a friend's behalf with something they're struggling with. (1 Timothy 2:1-2, Luke 5:17-26)
21. You made it to the last day of walking, I find it befitting that we pray for prisoners today. Not just people who may be wrongfully convicted but all who are prisoners. Pray for salvation, deliverance and mercy. Remember the crucifixion as He was in between two convicted. There was one, they say who cried out, 'Lord Remember Me?'

Walk with Christ

(Prompts for kids)

“What does the Lord require of you
But that you *walk* humbly with God.” – Micah 6:8

March 1-21, 2025

1. Happy Sabbath! Can you think of any children in your family or friends and pray for them? Pray that they will experience God's true love and joy.
2. Thank you for being willing to pray. Today we will pray for our parents. That God may protect them and guide them as they teach you.
3. Are we excited? We should be! Today let's pray for the love of Jesus to grow in us.
4. While you walk today, you can sing. How about "Jesus Loves Me" or "Whole World in His Hands." Jesus loves to hear your voice. (John 3:16)
5. Walking feet engaged and ready to go! The steps you take today are for you. Pray for self control and obedience or ask your parents to pray over you.
6. Speak up! Speak loud! Speak clearly! Every voice is important and I have a very big ask of you today, will you pray for our President? Can you ask God to lead him and give him wise council?
7. You have been doing such a great job. I appreciate you walking and praying. Now how about we pray for children who don't have parents. Can we ask God that they will come to know their Father's love? Jesus loves us this we know for the bible tells us so. (Matthew 19:14)
8. This little light of mine I'm going to let it shine. Let us pray that our light will shine forever and it will brighten the darkness and never dim. (Philippians 2:15)
9. First thing this beautiful morning, thank God for waking you up. Go a step further and see how many things you can thank God for. What about the warm bed you just got out of? The toothpaste you brush your teeth with? How about the yummy breakfast you smell? Keep going, turn your thinking caps on!
10. This may sound silly but do it anyway. Take a big deep breath and then blow it out. Where does our air come from? Thank the Lord for filling our lungs with breath and pray that we never take it for granted.
11. Remember when David had to face Goliath? Think of a time you had to face something big and talk to God about it. (1 Samuel 17)
12. Awesome Sauce, you're almost two weeks in! In some homes a child doesn't have toys, if you knew a child like that what would you tell God?
13. You are getting so good at this. I'm so proud of you. Let's think about all of God's creation. Pray for the friends you find in your pets. (Genesis 1:24-25, Psalm 19:1)
14. Another happy and joyful Sabbath. Pray for a sharing heart, that forever you will share the good news.

15. If someone was to ask you to describe God's love using your senses, what would you say? Ask God to stretch your understanding of Him.
16. Sometimes there are people who try to steal others' joy. Pray that you will never encounter a bully and that all your life you will treat others how you want to be treated.
17. WooHoo! Just a few more days to go. Ask God today to give you faith like Daniel in the lion's den. (Daniel 6:16-28)
18. Think of your grandparents, as you grow older, they are too. Pray for their health, joy, and protection. (Psalm 128:6)
19. Pray for the kids in Adventurers and Pathfinders. That God will continue to guide their path. (Psalm 119:105)
20. Think about the one place you can go to hear God's Word. Let's pray for our church that many children will come and yearn to learn. (2 Timothy 4:2)
21. Wow, it's the final day! I am thankful for all of your prayers. For the final one lets ask God that His children will experience freedom in every area of their life.