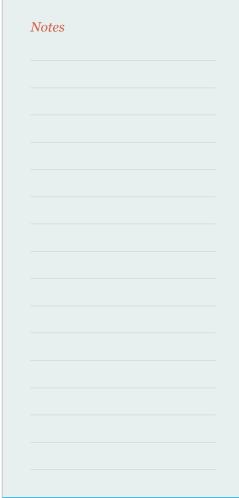
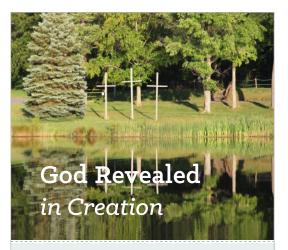
Continue to rest in God's Presence and when you are ready, close this time with a prayer of thanksgiving for the ability to use the senses He has given you to feel, see, hear and taste His goodness.



### THE SALVATION ARMY

Ladore Camp, Retreat & Conference Center PO Box G, Waymart, PA 18472

(570) 488-6129



Take a walk around the grounds and enter into a time of reflection on the beauty of creation and the majesty of God. Each of the following stations explains the surrounding area and encourages you to hear God speak to you. Take your time and experience the entire walk or choose which stations you'd like to focus on.

### Overview of Prayer Walk

Begin at Ladore Lodge – go towards the entrance to Ladore, when you get to the swings facing towards the valley ahead you've arrived at the first stop. (A)

When finished continue towards the entrance and take the road to the right and follow to the bench (rest area) halfway down the hill – you've arrived at the second stop. (B)

When you've finished continue down the hill to the next area which is at the bottom of the hill. This is the third stop. (C)

When you're ready to move on at the intersection turn left and follow the paved road to the Lodge Boat Dock. This is the fourth stop. (D)

Resume your journey by going back out to the main road and turn right – follow the road and the next prayer station is at the cross on the dam. This is the fifth stop. (E)

### **PRAYER WALK**



#### Overview of Prayer Walk (Continued)

When you've reflected on the instruction and are ready to resume your walk return the way you came – continue straight and follow to the next station which will be on your left perched on a ridge in the woods. This is the sixth stop. (F)

When you're ready to move on go back to the road and go the same direction you were going – follow to the North Amphitheater. This is the seventh stop.  $(\mathbb{H})$ 

Resume your journey by going up through the Amphitheater and follow the path towards the Lodge. Go around the front of the Lodge to the swing set facing south (looking towards the windmills). This is the eighth and final stop. (I)

Repeat this journey as often as you can.

NOTE: The entire walk is just under 2 miles. Wear comfortable shoes and take a bottle of water. The walk is very hilly.



## Christ at the Center (A) Begin your walk at the Lodge

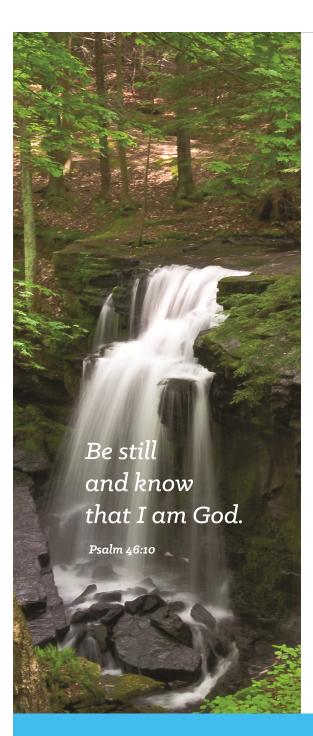
Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation, for through Him God created everything in the heavenly realms and on earth. He made the things we can see and the things we cannot see – such as thrones, kingdoms, rulers and authorities in the unseen world. Everything was created through him and for him. He existed before anything else, and he holds all creation together. Colossians 1:15-17 (NLT)

As you walk on from here, absorbing all the different aspects of creation around you, consider how Christ might be revealing himself to you today in what you see, hear, smell, or touch.

#### Station I: Lord of All (B) At swing overlooking valley

The earth is the Lord's and everything in it, the world and all who love in it. Psalm 24:1 (NIV)

Look down at the houses, roads, fields, trees and people. Consider how incredible it is that God is Lord of all that you can see – and everything beyond the horizon too. Praise God for his constant creating and sustaining, and ask that he would help you to better care for his creation – including all who live in it.



# Station 2: The Majesty of the Lord (C) Halfway down road at bench

Who but God goes up to heaven and comes back down? Who holds the wind in His fists? Who wraps up the oceans in his cloak? Who has created the whole wide world? Proverbs 30:4 (NLT)

Look up to the sky above you. See how tall the trees are, towering up, waving in the breeze. What do they tell you about the majesty of the Lord?

#### Station 3: Choosing God's Path (D) Bench on the left at bottom of hill

This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." Jeremiah 6:16 (NIV)

Look at the choice of paths here. Consider how the journey of faith is often described as requiring us to choose the narrow path, rather than the world's wide road. Ask God to challenge and inspire you to always choose his path.

## Station 4: Cast your Burdens (E) *At shore line near boat dock*

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. Psalm 55:22 (NLT)

Pick up a stone — and then holding it tightly in your hand, think about what is burdening you today. Look at the water before you. Notice your own reflection affirming that you are created in God's image. Then when you are ready, throw your stone into the lake, knowing as you do so that the Lord has taken your burdens from you and is helping you stand firm, at rest in him.

## Station 5: God Revealed (F) *At the dam, facing cross*

For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities — his eternal power and divine nature. So they have no excuse for not knowing God. Romans 1:20 (NLT)



Paul tells us that people always have a chance to know God because he is constantly revealing himself in his creation – which we all witness daily wherever we are. Pray for friends, family, neighbors and people worldwide who haven't yet come to know God.

# Station 6: The water of Life (G) Bench on ridge facing lake

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditate in his law day and night. That person is like a tree planted by streams of water which yields its fruits in season and whose leaf does not wither – whatever they do prospers. Psalms 1:13 (NIV)

Look at how the trees flourish beside the water. Thank God for his living water and reflect on what this psalm prompts us to do to ensure that our lives are truly fruitful.

#### Station 7: Oaks of Righteousness (H) Sitting in amphitheater

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion

To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. Isaiah 61:1-3 (NIV)

Look at the magnificence of the trees —created and sustained by God, and beautifully displaying His splendor. Consider what these verses say is required of us in order to become an "oak of righteousness". Ask God to show you how you might fulfill this passage more in your life, and through it, display his splendor to everyone you meet.

# Station 8: Where does my help come from? (I) Top of the hill in front of the lodge facing windmills

I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you—the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore. Psalm 121 (NIV)

Lift your eyes to the hills, thanking the Creator God that he is your helper and your protector. Ask him to help you to always trust in him, and praise him that the hills give us a continual visual prompt of his majesty and mercy.