



If you have trouble staying focused when you pray, try a walking prayer today.

Walk through your neighborhood or a nearby park. First, focus on what you will be doing during the day; and offer those times, events, and people to God. Pray for your family, for friends at school or work, for relationships that are broken. Ask God to bless each person you name.

Then give thanks for what you see and hear as you walk: the songs of birds, the neighbors you pass, the children on the playground, the beauty of nature, the drama of the weather. Allow this active prayer practice to help you focus on growing closer to and more comfortable with God.

You can also try [walking a labyrinth](#), if one is available near you. If not, praying with a [finger labyrinth](#) can also help you to [focus your prayers](#).