

Jumonville Prayer Walk

given in memory
of Ron Schuette by
his family

There are 7 Stations on this prayer path for you to enjoy. Feel free to pray, meditate, read, sing, or rest in these places of beauty that are tucked away from the busy world around you. You may use them in any order, or pause at one or more as you like.

(The first 4 follow the ACTS Prayer)

Station 1- Adoration

Praising God for Who He is – Father/Creator, Son/Sustainer, Holy Spirit/Redeemer



You may choose a few of these to lead your meditation on who God is to you, and who you are to Him, or think of your own names for Him to use in praise.

- “Friend”
- “The Lord Who Will Provide”
- “The Bread of Life”

- “Light of the World”
- “Father to the Fatherless”
- “Husband”
- “King”
- “Deliverer”
- “Living Water”
- “Lover of my Soul”
- “Man of Sorrows”
- “Helper”
- “Refining fire”
- “Spirit of Adoption”
- “Teacher”
- “Wonderful Counselor”
- “God of Mercy”
- “One who calms the Storm”
- “One Who Forgives Me”
- “My Strength”
- “My Hiding Place”
- “My Joy and Song”
- “Healer”
- “My Righteousness”
- “The God Who Sees (me in my distress)”
- “My Peace”

Station 2 - Confession

Sorrow, Forgiveness



Does anything come to mind that you regret, or for which you wish to be forgiven? Freely admit them to God, and ask for forgiveness. Ask for Jesus’ grace and mercy to cover your faults, selfishness, anger, or fear. . .

12 I will show loving-kindness to them and forgive their sins. I will remember their sins no more.” Hebrews 8:12 New Life Version (NLV)

Sometimes the hardest person to forgive is ourselves. If you struggle with this, remember that Jesus said, “It Is Finished.” The debt is paid in full....Trust God and know that He will not hold your sin against you...you are forgiven!

You are free to know the joy and peace of Christ living in you. Go now...forgiven and full of forgiveness and love for others.

Station 3 - Thanksgiving

Gratitude



Thanksgiving is simply gratitude for God’s many blessings and all that He has done for us.

We have so much to be thankful for in this life, and yet, we are so easily disappointed when things don’t go our way. There are so many people who are facing detestable conditions in their lives every day, and we complain about our coffee getting cold or the person who cut us off in traffic that day, or the kid/boss/friend/

parent who is driving us crazy! Yet we have uncountable blessings from the Lord every single day – sunrises and cinnamon rolls, laughter and dancing, work, sports, and solitude; the very breath we breathe is a gift! Start a list of something that brings you joy, reward, comfort, accomplishment, or love, and add to it regularly – it is endless! Whenever you are feeling negative, find something to be thankful for, and it will season your life with flavors of joy and connect you to God in a deeper way.

Station 4 - Supplication

Intercession - Praying for needs



Intercession, or supplication means to ask for others’ and our own concerns. Jesus says to ask for whatever we need – He knows our needs already, but we are changed in the asking. It reminds us to depend on the Spirit for our practical needs as well as our invisible ones. The Psalmist says, “*Delight yourself in the Lord and he will give you the desires of your heart.*” Psalm 37:4. English Standard Version (ESV)

That doesn’t mean a guarantee if you ask for a red sports car, or a dreamy mate, but the more we spend time in the presence of the Lord, the more we become like him and our desires will become more like his. We can be at peace, knowing we can trust God with our current needs, our past, and our future, and that He promises to provide all that we need.

Station 5: Follow Me

Repentance for sin, failure, selfishness



1 In those days John the Baptist came preaching in the wilderness of Judea, 2 “Repent, for the kingdom of heaven is at hand.”

11 “I baptize you with water for repentance, but he who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

Matthew 3:1-2,11 (ESV)

We don't talk much about sin these days, or evil, because we don't want to offend anyone. However, the original meaning of the word sin is “to miss the mark”. Most of us don't wake up with a plan to be selfish, or controlling, or lazy, or lots of other things we are prone to being! But in spite of our best efforts, we give in to temptations, hurt others, or disappoint God with our thoughts and actions. We aim for the target, but we miss – sometimes badly! God knows us and our weaknesses, and gives us a way to turn around. We simply ask Him to forgive us, ask Him to be the Lord of our lives, and commit to following Him. In other words – to aim to do what Jesus did, and begin to think like, act like, sound like, and “smell” like Jesus! “Christian” literally means a “Little Christ”. We are to be baptized with the Holy Spirit, as he was, with the fire of His holiness, love, and grace. Say

yes to Jesus, and no to sin, and ask for the Spirit of Christ in you to be revealed more and more each day. Take a moment now to commit or re-commit to following Him and learning His ways. Receive His love and His Holy Spirit into your heart and daily life.

Station 6: Forgiveness

For Hurt or Anger



“Abundant Life” posted this on Facebook: “I have learned something about freedom. That we can't be free until we are willing to let go of past hurts and forgive. When we hold someone ransom emotionally, for something we still want, but can't have, we essentially become prisoners of our own misery of unmet needs. To be free to live and love again, begins with forgiveness. Sometimes, it means we have to forgive ourselves for something, other times, it is to forgive someone else. Once we intentionally take this giant step, God takes our pain, hurt and disappointments, and completely breaks the chains, and sets us free. Freedom is truly Amazing Grace.”

Solution to Anger = Forgiveness.

Is there someone that you need to forgive? Does that question leave a knot in your stomach? Many people think it is “letting them off the hook”, when, in fact, it is hooking YOU into pain and turmoil every time you think of it. Holding

on to unforgiveness is like eating rat poison every day and expecting the other person to get sick and die. It is hurting you, not them, by keeping you in the prison of bitterness.

Jesus said in Matt. 6: 14-15 that we are to forgive others so that we may be forgiven.

Forgiveness is between you and God. Choose now to step into freedom, released from the cage of resentment and anger. Speak words of forgiveness toward the ones who have hurt you. Put them in the hands of God, and give back all the turmoil you have been carrying. Let it go, and remind yourself that the debt is paid in full by Jesus.release it and be free!

If they are willing, and are a safe person, be open to the possibility of restoring your relationship. Reconciliation is between you and the other person. It is optional and requires that they are willing to earn and rebuild your trust and to respect healthy boundaries. However, it can be dangerous to restore relationship with someone who is unrepentant or still in a position to hurt you without accountability. You can forgive, and still protect yourself from further harm.

Station 7: Listening

Hearing God's Voice - Receiving



“ 27 My sheep hear my voice, and I know them, and they follow me.” John 10:27 (ESV)

From 4 Keys to Hearing God's Voice, by Mark Virkler, Communion With God Ministries:

1. **Stop - Stillness** - Be still... and know that I am God. Psalm 46:10. Spend some time in silence, setting aside all distractions, worries, fears, anger or pressure. Clear your soul, mind, and spirit.

2. **Look** - Vision - Fix the eyes of your heart on Jesus, the Living Word, & The Bible, the written Word.

3. **Listen** – Tune into the flow of the Spirit, and the spontaneous thoughts that light upon your mind. It may be a word, pictures or visions that come to mind. Do not discount or eliminate anything that comes up, even if you are unsure if it is from your own desires.

4. **Write - Journal** - Record all that you see, feel, or experience, with no editing. Later, with a trusted, mature Christian, review and compare it with scripture, tradition, reason and experience. (Founder of Methodism, John Wesley's test for discerning the will of God.) Anything that doesn't fit requires caution. Do not assume it is God's voice without further prayer and discernment. This exercise will help you to hear his voice more clearly and accurately over time.

If hearing God's voice is difficult, consider any barriers; such as guilt or shame, distrust, fear, doubt or unforgiveness. Pray and ask if there is anything you have believed about the Father, Son, or Holy Spirit that is not true, or that has distanced you from sensing God's Presence. If a thought or memory comes to mind, ask God to show you the truth in exchange for the lie. [i.e. God did not abandon me, He is with me always.] Pray for further insights, and trust that what comes to mind is from Him.

Hear God's words of affirmation, and approval - you are a treasured child of the King, a friend of Jesus. You are a carrier of His Hope, Love, Peace, Joy, and Grace. May His footsteps lead you on as His heartbeat fills you.