

Discussion Questions For LentEN D-Groups

Week 3: Prayer Walking

**These questions can be used whether you are in a D-Group over the course of Lent or praying on your own. The goal of these questions in relation to our D-Groups is to have group members share their experiences; these questions are not a checklist that you have to tick, but are provided simply as optional conversation-starters.*

1. Share about your experience with *Prayer Walking* this week:
 - a. Have you participated in a *Prayer Walk* before, or was this your first time?
 - b. Was it hard to create the time and find a place to practice? If so, why do you think that is?
 - c. Was the practice itself easier or more difficult than you thought it would be?
 - d. Could you see yourself incorporating *Prayer Walking* into your life going forward? Why or why not?
2. Where did you choose to walk while praying? Why did you choose this spot?
3. Did you do this by yourself or with another/others?
4. Did you notice anything you have never noticed before during your time of praying and walking? Why do you think that is?
5. Share anything else that you would like about your prayer time with the group.