

# Let's Walk!

## OBJECTIVES

To discover how Jesus walked with His disciples and how He walks with us.

To participate in the current, annual Atlantic Baptist Women's walkathon.

Ahead of time discuss contributing to the walkathon, perhaps as part of the offering.

Funds raised can be sent by e-transfer or to the ABW Treasurer. Please email [abwtreasurer@hotmail.com](mailto:abwtreasurer@hotmail.com) for the mailing address. Please include "Rev. Tracey Grosse Bursary" in the memo sections. Donations of \$20 and above will be receipted if requested and a name and mailing address are provided. Please have funds to the ABW Treasurer by May 19. An announcement of the total funds raised will be made during the virtual interMISSION event.

## INTRODUCTION

This program provides an opportunity for every woman to participate in the annual walkathon promoted during interMISSION.

Choose the options that are best for your group.

Arrange them in the order best suited to your group. Your group may choose to take a short walk after each program segment, or once at the end of the program.

## PICTURES OF PLACES TO WALK

Ahead of time find pictures of places people may walk. Pictures may be from calendars, paintings, photographs or other sources. Pictures may be of a beach, a garden, a trail through a forest, a busy town/city sidewalk or a quiet country lane.

Display 3-5 pictures

Ask the women:

1. To choose the picture that represents their favourite place to walk.
2. Why is it their favourite place?
3. Who would they like to walk with if they were there?

Ask a woman to share about a specific walk they have had in one of their favourite places. What made it special?

## DISCUSS BENEFITS OF WALKING

Do some research on walking or ask a fitness trainer to talk about the benefits of walking. The following website link suggests ten benefits of walking. They may be shared with the group. Ask the women which benefit they think is most important.

<https://www.mnn.com/health/fitness-well-being/stories/benefits-walking>

**SCRIPTURE  
FOCUS**

Jesus and Peter walked on the water  
Read: Matthew 14:22 – 33

1. What did Jesus tell the disciples to do?
2. Did they obey?
3. What happened on the lake? Describe the disciples experience?
4. How would you have felt if you had been in the boat?
5. Would you have expected to see Jesus?
6. When did Jesus come?
7. What did He say to them?
8. What does Jesus say to Peter?
9. How does this experience finish?
10. What truths does this Scripture teach you about walking with Jesus?

**WALKATHON  
DETAILS**

The Atlantic Baptist Women’s walkathon is an opportunity to share with a ministry that has a need. It is an opportunity to demonstrate God’s love.

Share the name of the current year’s ABW walkathon project and give details about the ministry, supported by the walkathon. Information is usually printed in the February *Tidings Magazine*. Information may also be printed in the March or April *Tidings Magazine* and in the newsletters; February – May. Information is also on the website, interMISSION page. [www.atlanticbaptistwomen.ca/Events/interMISSION](http://www.atlanticbaptistwomen.ca/Events/interMISSION)

**SING**

“Footsteps of Jesus”, “O Master, Let Me Walk with Thee”, or “Each Step I Take”, or other hymn or chorus with a “walking” theme may be included. Foot tapping or marching in time to the music is encouraged. Hymns may also be read as poems.

**WALK**

If possible, a walk around the church gym, vestry or parking lot may be included.

**PRAYER  
TIME**

Include prayer for the ministry supported by the walkathon and those who will benefit from this ministry.

**TAKE  
HOME**

Give each one a foot print shape with the name of the ministry supported by the walkathon. Encourage each one to pray regularly for the ministry.

adapted from original program prepared by Myrna Till