



Alpha Day Experience

It's easy to get swept up in the craziness of these times and to allow our anxious thoughts take over. The purpose of an Alpha Day is to help you have some unhurried time and space to learn about God's Holy Spirit, to open your heart to Him in prayer, and to relax and enjoy yourself.

Take some time now to try this walk and pray experiment. As you do, open your heart to God so he can give you his peace in a personal way.

1. Take some time to go for a walk.
2. Put your phone on silent or leave it at home. This may sound crazy, but try it!
3. As you walk, take time to reflect and pray.
(Walk in silence or listen to some songs of worship or soft music without words.)

If going for a walk doesn't work for you, find a quiet place to spend time alone. Get comfortable and try to stay away from other distractions. Use this time to write, draw or create in some other way. The focus is more important than the activity!

4. As you get ready to leave the house, pause and invite the Holy Spirit to join you.

Pray something like this:

Holy Spirit, please come for a walk with me. Help me to be aware of your presence and see the world through your eyes. Let me hear from you. Let me feel you with me and find you beside me on this journey. Fill my heart with your love.

Read Psalm 139 from the Bible and think about the words as you walk.

As you walk, pay attention to what's happening around you. What can you see, hear, feel, smell and taste? Psalm 139 says that God is with us wherever we go.

If it helps, ask yourself these questions:

- What do I see that reminds me of what God is like?
- What do I hear that helps me become aware of God's presence?
- What can I touch and feel that makes me think about who God is?
- What smells make me think about life with God?

There will be an opportunity to share some of your discoveries with the group the next time you connect.