
Walkers' Prayer

Lord bless all walkers in their comings and goings:
as they tread life's valleys and ascend life's hills;
keep them breathing in the fresh air of the Spirit,
that hearts may be free, and souls refreshed.

Let them know their north from their south
and their east from their west.

Teach them to read life's signs,
that they may have a clear idea
of where they are heading.

And for each of us -
may we know the difference
between a gentle slope and a steep cliff.
Prevent us from overtaking our leaders,
thinking we know the 'right' way.

Grant us, O Lord,
frequent sunshine, but not too hot;
cooling breezes, but not strong winds,
and incomparable views when we are resting.

Spare us from brambles,
nettles and other obstructions.
Lead us not down the wrong paths.

And, finally, Lord
let us arrive back at base safe and sound,
until next we venture out again.

Amen.