

Six Step Prayer Exercise

Introduction: There is a biblical story in 2 Samuel 6 about king David wanting to welcome the PRESENCE of God into the city where he lived. The story highlights different ways of approaching movement. In the text the task of engaging “the holy” was to be very personal. It had to be done by walking. The culmination of the story describes that the priests who were carrying in the Ark of the Covenant into the city would take 6 steps and then offer an expression of worship.

Hundreds of years later, Jesus shared a prayer organized in this same 6 movement pattern as a model for His disciples (usually referred to as The Lord’s Prayer).

The Six Step Prayer uses the framework from these two texts to intentionally and prayerfully invite a greater awareness of and partnership with the PRESENCE of God in our lives.

Starting your walk: To engage this simple prayer. Begin standing still. Take some time to feel the ground beneath your feet and to breathe deeply, drawing your attention to the present moment. Start the Six Step Prayer by stepping forward a single step. For this prayer we use the “step together” or “scissor step.” As you step pray the prayer of the first step. You can use the section of the Lord’s Prayer that corresponds with that step or you can use the thematic word associated with that portion of the prayer. These prayer phrases are listed on the back side of this sheet.

Remain with that statement until you are ready to take the next step. Then continue the process through all 6 steps. When you have finished all six steps, say “AMEN.” Then staying where you are, you are invited into a time of silence and rest – taking a posture of prayer that fits where you have arrived at that moment. When the time of silence is finished. Take a few deep breathes and then move forward, taking with you the content of your prayer.

In the original story from 2 Samuel 6 we see this six-step pattern repeated many times. For those with more time to engage with this practice, repeating it multiple times in a row offers a deeper experience. Sometimes people alternate between The Lord’s Prayer for six steps and then praying the thematic words.

Six Step Prayer Exercise

Step 1: Our Father, who art in heaven. Hallowed be thy name.

Step 1: I move into this day [Example] honoring the PRESENCE of God.

Step 2: Thy Kingdom come, Thy will be done. On earth as it is in heaven.

Step 2: I move into _____ with PURPOSE.

Step 3: Give us this day, our daily bread.

Step 3: I move into _____ acknowledging God's PROVISION in my life.

Step 4: And forgive us our trespasses as we forgive those who trespass against us.

Step 4: I move into _____ seeking RECONCILIATION.

Step 5: And lead us not into temptation, but deliver us from evil.

Step 5: I move into _____ grateful for God's PROTECTION.

Step 6: For thine is the Kingdom and power and glory forever and ever.

Step 6: I move into _____ with an offering of PRAISE.

After "AMEN": Take a posture that matches your prayer for the day and engage in silence and stillness.