

# FaithBIT



## Swooshing with Jesus

Reflection by Jeanne Sundquist

On the subject of prayer-walking, I have been doing it for many, many years. I am not one you would expect to write about religion. I am just a quiet 80-year-old, ordinary wife, mom, grandma, widow, and former hospital worker. But prayer-walking I know well.

As I go out the door, I think “come on Jesus, let’s walk and talk” and I can almost feel his robes swooshing.

First, we talk about all my many blessings. Then I ask for my sins to be forgiven, and help being a better, kinder, gentler, more patient person. We go over my long list of all the people I wish to pray for, including Immanuel’s [prayer request list](#). I pray for my family to stay well with this terrible disease, especially the two in health care.

Last, I pray for the homeless that they will have a place to lay their heads tonight, for the hungry that they will be fed, for the grieving that they may feel peace. And we say hello to my husband, Jerry, in heaven, reminding him to save me a place.

Then it’s home to listen to Pastor Paul’s wonderful “[Thanks to God](#)” on YouTube every morning.

Now, time for breakfast!!

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Walking a lot these days? Interested in the spiritual practice of prayer walking? Connect with us at [Prayer Walking](#) for ideas and to be a part of a virtual community of prayer-walkers during this extraordinary time.