



# TEACHING METHODS

## Contemplative/Sabbath Walks

### MATERIALS NEEDED FOR IN-PERSON TEACHING:

- BIBLE
- WHITE BOARD
- DRY ERASE MARKERS
- OPEN SPACE FOR WALKING

### MATERIALS NEEDED FOR VIRTUAL TEACHING:

- BIBLE
- INTERNET ACCESS
- CONFERENCING SOFTWARE APPLICATION THAT ALLOWS CONTENT SHARING WITH WHITE BOARD FEATURES
- OPEN SPACE FOR WALKING

### EMPOWERING LEARNING:

- DEVELOPING A MORE INTIMATE RELATIONSHIP WITH GOD
- ENHANCING SPIRITUALITY THROUGH PRAYER
- CULTIVATING MINDFULNESS
- PRACTICING SELF-CARE
- EXPLORING NEW OPPORTUNITIES FOR LEARNING

### DESCRIPTION

The contemplative/sabbath walk is a physical activity of walking in an environment that allows us to develop a more intimate relationship with God through prayer while exploring our own mindfulness.

### INSTRUCTIONS FOR IN-PERSON TEACHING

Conduct the classroom portion first, utilizing the dry erase board for providing students with background information and instructions for developing their own process of contemplative/sabbath walking. Using their Bibles, have students choose their own Scripture as desired. Adjourn the class to an open space to practice the act of walking. Return to the classroom to debrief.

### INSTRUCTIONS FOR VIRTUAL TEACHING

Conduct the virtual classroom portion first, utilizing the applicable conferencing software to provide students with background information and instructions for developing their own process of contemplative/sabbath walking. Using their Bibles, have students choose their own Scripture as desired. Adjourn the class to an open space to practice the act of walking. Instruct students to return to the virtual classroom at the appointed time to debrief.

### IDEAS FOR USING THIS METHOD

- Maximize practical application time to allow students to explore different techniques.
- Encourage use of multiple walking venues to broaden experiential opportunities.
- Share notes from debrief to expand ideas.