We all love activities which involve being out of doors and this one can be done in several ways — walking, running, driving, on your bike — but whatever method you choose, the main thing is that you are out and about.

First plan your route and then set your GPS on your phone to track it.

You can use this as a prayer activity, praying for things and for the people you see on your journey. For example, if you pass a hospital, you could pray for the patients, the staff and the families involved with that hospital at that time. If you pass children playing, you could pray for children and families. A school could prompt prayer for the teachers, while passing somebody sleeping on the streets could prompt prayer for the homeless. The ideas are up to you.

Once you’ve been out and about look at the route you have taken and see what picture it has made. If you plan your route carefully you can get some amazing images.

This website has loads of examples of this idea. http://www.doodlemap.com/en/