

PRAYERTREK 2025 DIGITAL TOOLKIT

A 10-Day Journey of Walking, Prayer & Faith

Daily Reflections

DAY 1

LOVE Healthy Bodies

"I walk in love. I honor my body with health and care."

DAY 2

JOY Economic Freedom

"I walk in joy. I claim freedom and abundance in my life."

DAY 3

PEACE Care for Caregivers

"I walk in peace. I nurture myself and honor caregivers everywhere."

DAY 4

LONG-SUFFERING Safety & Decarceration

"I walk with patience. I stand for safety, freedom, and justice."

DAY 5

KINDNESS Healthy Families

"I walk in kindness. I strengthen families and uplift my village."

DAY 6

GENTLENESS Healthy Minds

"I walk in gentleness. I protect my peace and my mental well-being."

DAY 7

GOODNESS Healthy Food

"I walk in goodness. I nourish my body and my community with life-giving food."

DAY 8

FAITHFULNESS Land & Housing

"I walk in faithfulness. I honor the land, protect homes, and build sacred spaces."

DAY 9

SELF-CONTROL Power & Advocacy

"I walk with self-control. I use my power to advocate for justice and change."

DAY 10

VICTORY LAP NextGen Leadership

"I walk in victory. I celebrate legacy and pass the torch to future generations."



Registration

Register and sign up today on the [GirlTREK website](#) to join the 10-day journey of prayer and walking.



Podcasts

Tune in daily on [Spotify](#), [Apple Podcasts](#) or the [GirlTREK Underground App](#) for reflections and guided walks.



Faith T-Shirts

Preorder on the [GirlTREK website](#) to receive your limited-edition PrayerTREK T-shirts.



GirlTREK App

Download on [Google Play](#) or [App Store](#) to access podcasts, track your progress, and connect with the community.



*Beta version — expect updates



Digital Badge

Complete all 10 days through the [GirlTREK App](#) to unlock a special PrayerTREK badge on your profile.



Completion Survey

Share your feedback and reflections in the [PrayerTREK Completion Survey](#) to help shape future journeys.



Begins on
October 20, 2025

SCAN HERE
TO LEARN MORE

Share Your Testimony

- ▶ Submit your Prayer Requests on our Prayer Board
- ▶ Record your testimony by [clicking here](#)

Ex: "My name is _____ and I'm from _____."



Learn more by going to www.girltrek.org/prayertrek