

PRAYER TREK 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 [GirITREK website](#) to join the 10-day journey of prayer and walking.



Podcasts

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



Faith T-Shirts

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



GirITREK 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 to earn your special PrayerTREK badge! Share it proudly with your family and friends. You can also walk directly in the GirITREK App to unlock your badge on your profile. No matter how you complete the challenge, you'll receive your badge!



Completion Survey

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

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 _____."



Begins on
October 20, 2025

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