

PRAYER WALKING

By going out and walking the streets in which we live, we can become more aware of the people and the issues that surround us. Walking with God we can begin to see the world as God sees it.

Prayer walking is about purposefully walking and talking with God, hearing and heeding His voice, seeing and sensing as He does, loving our neighbours and lifting them in prayer, asking God to bring blessing, healing and salvation to our community.

GUIDELINES FOR PRAYER WALKING

Keep it simple! There is no set pattern or formula.

Go out in twos and threes for about an hour then come back to share together.

Before

Choose an area that you feel comfortable walking around and plan your route.

Prepare yourselves before you go out so that you feel comfortable with each other.

Share your hopes and anxieties.

Pray together before you go out and ask God to guide you.

Ask to see the area with God's eyes, that you might sense what is good and pleasing in his sight as well as what things grieve him deeply.

Look through the Community Observation Guide before you begin the Prayer Walk, so that you are familiar with the sorts of things it encourages you to look out for.

During

Take some time to feel comfortable and do not take risks!

Take the **Community Observation Guide** with you and refer to it from time to time.

You can decide to pray silently as you walk or you might like to pray out loud with your colleagues in which case you might like to look as if you are having a conversation together.

When you pray, you may wish to use some of the suggested prayers on the attached Prayer Sheet, or you may prefer to use your own words.

Pray for families, schools, and churches, police, hospitals, whatever you find in your area. Linger at specific sites which seem to be key.

Pray for the people you see. Smile, be friendly, and be open to any situations where you could offer prayer.

Pray about any local issues you know about.

Pray for people responsible in any position of authority – for teachers, police, local politicians and parents.

Pray for church leaders and congregations in other churches that you pass.

Pray for God's blessing on the houses you walk past.

After

Share what you have experienced with others in the group and wider church. Share your insights. It will encourage others – as well as yourself.

Think about going at different times and in different weathers to reflect on how the area changes.

A Prayer to use before setting out

Heavenly Father,

We know that our neighbours matter very much to You and that You have commanded us to make requests, prayers, intercession and thanksgiving for them.

So, out of obedience to You and out of love for our neighbours, we commit ourselves to ask for Your blessings for them. We do this, with Your help, to the best of our ability.

In Jesus Name,

Amen

Community Observation Guide

As you Prayer Walk you might find it helpful to look out for some of the following things to help you think more deeply about life in the neighbourhood.

- People groups: Who is standing at bus stops, hanging about on street corners, going into businesses, playing in the park, doing their shopping? Note ages, ethnicities, languages, and apparent economic status. How much do you see people interacting with one another?
- Places of activity: Shops, busy main roads, playgrounds, schools, gathering places for young people
- Structures: What are the types and conditions of the buildings (homes, businesses, roads, parks)? How much open space is there in the community?
- Services: Where can people go to shop, eat out, get an education, worship, and receive assistance? What appears to be the quantity and quality of available services? Who is providing services, and who is receiving them?
- Signs of change: Note which businesses are opening or closing, and if housing is under construction, for sale, or being demolished. Check for languages added to shop signs, and buildings used in ways different from their original purpose. Overall, do conditions appear to be getting better or worse?
- Signs of hope: Where is there evidence of God's grace and God's people at work? Look for playing children, uplifting artwork, voluntary organisations, social gatherings, and gardens. Look especially for local assets that could be connected with neighborhood needs.
- Signs of faith: Look out for churches and places of worship. What is hopeful about church(es) in this neighbourhood? How might our neighbours of other faiths be partners in bringing positive change in this community?
- Signs of need: Look for evidence of hardship, hurt or injustice. Is what you see specific to particular areas or affecting the neighborhood as a whole? Be aware that marginalised people and social problems are often hidden, especially in communities that appear well-off.