

PRAYER WALKING

FOR INDIVIDUALS, COUPLES OR FAMILIES

PLEASE FOLLOW ALL GOVERNMENT GUIDELINES REGARDING COVID-19
RESPECT SOCIAL DISTANCING
DO THIS LOCALLY
THIS IS NOT A WAY OF ENCOURGING FOLKS TO MEET UP!



At this time where we do not gather at a building why not experiment with worship outside? With prayer walking by yourself or with your spouse. This cannot be for long but can be your daily short exercise as permitted under current COVID19 guidance.

Prayer walking is not simply for charismatic extraverts, self-appointed prophets or tree huggers but it can I believe be a healthy way for us all to connect our soul spiritually with God's creation, God's love and our neighbourhood.

*As you look at your surroundings
let God pray in you and through you.
Let God show you afresh
the beauty,
creativity
and patterns of life that surround you.
Ask God to show you
what God sees
What wisdom is creation saying to you?*

You might like to use this simple prayer as you walk:

*Jesus you walk with me,
help me to walk with you...*

Some practical suggestions:

Going in pairs is good!

Jesus sent his disciples out in pairs.

With a child or not?

Kids are great at noticing things adults miss. If a child comes then the prayer walk is best led by them which may be shorter and more dramatic!

A planned route or spontaneous?

Normally if in company a plan is useful but if walking by yourself let your feet do the walking

Use all your senses!

As you prayer walk, be aware of your surroundings: what you see, smell, hear and touch but also be aware of what God might be saying to you

Are there any Bible verses or stories that pop into your head or if feelings are evoked or you have any pictures or visions turn these into prayer.

Listen!

Choose whether to pray silently or aloud.

The point of prayer walking isn't about being seen praying; it's about seeing and praying. You can pray quietly together or in silence if it makes you feel more comfortable. However, don't be afraid to speak out prayers if you feel compelled to.

Connecting

This exercise helps you see connections between the love of God and our neighbourhood. God's love is practical and dynamic so don't miss an opportunity to connect with someone you meet because you are praying...

You might want to ask 'How can I/we pray for you?'

Notice that the Try Praying scheme is being advertised at present on Lothian buses.

Pray for others

As you prayer walk, the focus is on those who are living in your community so be intentional about praying for God's blessings on what you see and feel. Even in difficult areas, try to pray positively. Focus on God's plans and purposes for the place and people that live there. "Your Kingdom come, your will be done..." is an excellent start.

Finishing

If you've prayed in different places, meet up online at the end to share what you've prayed and heard from God. Write down what you share so that you can keep track of how to pray for your area.