

# Prayer walking & Thy Kingdom Come



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## Introduction

Most guides on prayer walking emphasise just how simple it is.

To do it, **all you need to do is a) pray and b) walk**. Many people will not need any more information!

Having said that ... most guides also assume that it's something we might do in pairs and we might also meet up afterwards to share our experiences ... and that's not really possible in May 2020.

Also, there are people who might be self-isolating but who know and love their communities, who would love to do a **virtual prayer walk** in the comfort of their own home.

## Preparation

### Plot a route

Whether you are going to go out and walk or do this virtually, try to look at a street map (e.g. put your postcode into Google and select 'maps') or an OS map. Note down any places (schools, shops, businesses, residential homes) you'd like to pray for and any people (see the template on the other page). If you are going to walk it, check the distance before you set off! There is more on the other page about prayers for different places — and you can add your own.

### Choose a time

Are you the sort of person who likes it quiet (early morning / early evening)? Or do you want to walk when you will see people out and about? Check the weather too!

### Before you start

It's good to pray: to ask God to help you see what He wants you to see and to be attentive to the Holy Spirit. Read an encouraging Scripture, e.g. Luke 10:1-2 or Genesis 13:14-18, Acts 16:13-15 too to give you a sense of expectation as you go out.

## On the walk

From experience, I would say: do not march along but take your time. I know this can sound a bit odd but try to really 'inhabit the moment', observe your surroundings, take notice of people — and, at the same time, try to be conscious of God's presence, as you pray. This is not activity to rush through like a commuter but to pray through like a pilgrim, a person on a journey of discovery. [In my curacy, prayer walking on an estate that 'had a reputation' revealed many aspects of the place that contradicted people's stereotypical views of it. We would not have discovered this without taking time to walk

and pray slowly rounds its streets and alleys.] If the walk is going to take you some time, take a drink and even a snack to sustain you.

## **When you finish**

Try not to rush straight into the next task at home. Give yourself 5 minutes.

### **Reflect on your prayer walk**

Have you come back with any impressions? Any people or places that stick in your mind? Record your thoughts below:

**Record your post-walk reflections:**

## **My Prayer Walk Route**

Pray for:

- Schools: going through a difficult time with closures / exams deferred, etc.
- Residential homes, doctor's surgeries, dentists: at the forefront of the Covid-19 crisis
- Shops and businesses: some open & busy, some closed & struggling
- Transport: buses, taxi ranks, train stations, tram
- Workers you might see: delivery drivers, refuse collectors, police, road repair crews, heating engineers, postal delivery workers, etc.
- People you know whose homes you pass on your walk: neighbours, church members, etc.

If you have planned a route, note below the people and places for whom you will definitely pray. Note them in order and tick them off as you go!

Alternatively, go for a wander and fill in the boxes as you encounter people and places to pray for ...

1
2
3
4
5
6
7
8
9

**God has a way of surprising us so there is plenty of space here for you to record other prayer encounters that happened**

**What sorts of prayers did you find yourself praying?**