

## **A Prayer Walk At Home**

As we are not able to go to church at the moment, here is a Prayer Walk that you might like to do at home. (As well as being a spiritual exercise, it could be good, gentle physical exercise too!)

Everybody's home is different so, please use your rooms as you wish and adapt the walk as to how works best for you.

All optional, but you may like to have the following things ready before you start (or, use your imagination instead):

For Prayer Rest 2 - a pen, a piece of paper and a waste bin

For Prayer Rest 4 – a Bible, Bible notes or a prayer book; a piece of paper and a pen

For Prayer Rest 5 - a candle and a match or lighter

For Prayer Rest 6 - a piece of paper and a pen, a die (dice)

For Prayer Rest 8 – craft or handicraft materials

For Prayer Rest 9 – a stone or pebble

The walk takes as long as you would like it to. It could be 20 minutes, it could be an hour or, even longer if you take part creatively in Prayer Rest 8.

Enjoy your walk -

*Go to Prayer rest number 1*

## **1. Start of Your Journey - your front door**

Start your journey by looking at your front door.

Thank God that you have a place to call home.

Be still.

Give yourself time to settle yourself.

Turn round and thank God for your home ... for the space you are in ... for this new day ... for His presence with you now ...

Invite Jesus into your home. Think of Him alongside you. Welcome Him as a special guest to your home. Thank Him that He is with you and invite Him to come on the walk with you.

*Move slowly to Prayer rest number 2*

## **2. Left luggage (Your hallway)**

Say sorry to God for the ways you have hurt Him and others.

Give Him any worries you have. Perhaps write them down and give them to God to deal with.

Scrunch the paper up, throw it in the bin and let it go.

*Move slowly to Prayer rest number 3, concentrating on the here and now, and not the past*

### **3. Your Lounge**

Look through the window and give thanks that God has given us a world full of beautiful things, and colour and light. He could have made us do with living in the dark but He gave us a world alive with the full spectrum of colours.

If you do not have a garden or a view, either focus on a plant or some flowers that you have and marvel at their intricacy and beauty and breathe in the scent. Or picture your favourite flower and think about why it is you like it so much.

Give thanks for their beauty and for God's creation. Give thanks for the sky and sea and trees and animals and birds.

Decide to buy someone a bunch of flowers (a random act of kindness 😊) Or, decide to send someone a letter or an e-mail or an e-card. Or, if you cannot get out, decide to phone someone later to encourage them, and say you are thinking of them.

Think about a place you enjoy visiting – your local park, a walk you enjoy at the seaside or in the woods. Imagine you are there now and call to mind the things you enjoy about it – the fresh air, the sound of the birds, seagulls swooping, the scent of flowers, the branches of trees waving in the breeze, the sound of the rustling leaves.

Stand near your window and listen out for the birds.

Give thanks for all your senses – sight, hearing, taste, touch and smell.

*Move slowly to your favourite chair or your settee (Prayer rest number 4) and sit down*

#### **4. Focusing on God's Word**

Pick up your Bible or hold the following sheet of paper, which is headed 'Bible Verses').

Make yourself comfortable.

Give thanks that we have the Bible to guide, comfort and strengthen us in our daily lives.

Say aloud or to yourself: 'Your word is a lamp to my feet and a light to my path.' (Psalm 119:105)

Choose one of the verses on the next sheet. Read it prayerfully. Commit to reading it each day for a week.

Pray for five people - write down 5 names. Pray for each one.

Say the Lord's Prayer and pray God will come into the hearts of all those you have just prayed for.

Pray for a particular situation in your local community or in our country or in the world and give it to God, asking that His kingdom will come. Pray for God's healing and light and new life.

#### **Bubbles**

If you should happen to have a pot of bubbles, blow some bubbles. Each time you blow a bubble, say a prayer and watch your prayer float to God.

*Having focused on the Bible verses, move slowly to Prayer rest number 5*

**Bible Verses** (For contemplation at prayer rest number 4)

'Be still and know that I Am God'. (Psalm 46:10)

'The eternal God is your refuge, and underneath are the everlasting arms' (Deuteronomy 33:27)

'Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand'. (Isaiah 41:10)

'The Lord is my shepherd, I shall not want;  
He makes me lie down in green pastures.  
He leads me beside still waters;  
He restores my soul.  
He leads me in paths of righteousness for His name's sake.  
Even though I walk through the valley of the shadow of death,  
I fear no evil; for thou art with me;  
thy rod and thy staff, they comfort me.  
Thou preparest a table before me  
in the presence of my enemies;  
thou anointest my head with oil, my cup overflows.  
Surely goodness and mercy shall follow me all the days of my life;  
and I shall dwell in the house of the Lord for ever'. (Psalm 23)

'Rejoice in the Lord always; again I will say, rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you'. (Philippians 4: 4-9)

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light' (Matthew 11: 28-29)

'Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends'. (1 Corinthians 13: 4-8)

'Commit to the Lord whatever you do and He will establish your plans' (Proverbs 16:3)

*Move slowly to Prayer rest number 5*

## **5. Your Dining Room**

Light a candle and pray for someone or something close to your heart.

As you watch the flame gently flicker, give thanks to God that He is the light of the world.

Ask Him to come to you afresh and flood you and those you love, and your home and this community with His light.

If you have a cross (it could be a necklace or a holding cross), hold it and give thanks that God is close to you always, and that He always holds you in the palm of His hand.

Think about what God said in Isaiah 49:6: 'See, I have inscribed you on the palms of my hands'

*Move slowly to a chair (Prayer rest number 6) and sit down*

## 6. Prayers

Write a prayer and leave it on the table.

Pray for that person or place or situation.

If you have a die (dice), throw it and pray, as below, according to how it lands. Or, just think of a number between 1 and 6 and pray -

- 1 For those you know who are unwell
- 2 For Your family and friends and neighbours
- 3 For the environment and our world
- 4 For all who care for others – i.e. carers, medical staff, the emergency services, clergy, teachers
- 5 For yourself and your needs
- 6 Praise and thank God for His goodness and everlasting love

*Move slowly to Prayer rest number 7*

## 7. Your Kitchen

Give thanks that you have enough food to eat. Thank God for the vast amount of different food and drink that we can easily buy. Give thanks to those who grow, pick, make, cook, package, transport, deliver and sell these commodities.

Pray for those in this country and abroad who are hungry. Pray for those who run and use our Foodbanks. Put aside some food to take to the Foodbank next time you are out shopping.

Decide to make some cakes or scones or something this week and take some to your neighbours.

Take a glass, turn on the cold tap and watch as the water fills the glass. Swirl it around a little. Take a sip. Give thanks for clean, free-flowing water that gives us life.

Say this a couple of times:

'Jesus said, those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life'.  
(John 4:14)

Give thanks and praise to Jesus that He is our living water, always there to cleanse, refresh and renew us.

*Move slowly to Prayer rest number 8*

## 8. Your Bedroom

Give thanks that you have a warm, comfy bed to sleep on.

Pray for those who are homeless. Pray for Light Project Peterborough and the Garden House and all organisations that help those who find themselves on the street.

Either stay in your bedroom or go to the room where you do your hobbies or where you normally relax. Think of the things you like doing and give thanks for the enjoyment these things bring you.

### *Paintings*

Give thanks for beautiful works of art.

Focus on a painting, icon, greetings card or book cover you have and think about what God is like.

Give thanks that Jesus died for you and has given you life, talents and skills and love.

Thank Him for His love, joy, peace, patience, kindness, goodness, humility, self-control, faithfulness, generosity and compassion. Ask Him to fill you afresh with the gifts of His Holy Spirit.

Determine to share your gifts and skills and love with others, to help other people and to grow God's kingdom.

### *Photographs*

Look at photographs you have and pray for the people in those photos.

Think how God is speaking to you through these. Pray and praise and thank God accordingly.

Consider all those who have been a Good Samaritan to you. Think of someone who really needs your help. Think how you could be a Good Samaritan to them and commit to serve them. Dedicate this to God.

Resolve to write to or ring someone you have not been in touch with for a while.

If you feel like being creative, gather your materials together and write a poem or a letter, or draw a picture, do some sewing – do something which expresses how you feel at this moment, or make something for a friend.

Dedicate your creation to God.

*Move slowly to Prayer rest number 9*

## 9. The end of your journey – your chill-out zone

Go to the room where you feel the most comfortable.

Praise and thank God for your home, your comfort, your safety and security.

Give thanks to God for all you have discovered on the walk. Ask Him what you should continue to focus on in your daily walk with Him.

Say the Lord's Prayer:

<b>The Lord's Prayer</b>	
<b>Traditional version</b> Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen	<b>Contemporary version</b> Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen

If you have a stone or pebble – perhaps go and find one in the garden - marvel at its size, shape, colouring and texture. Feel the sharp bits, the soft bits, the smooth bits. Think how the stone or pebble relates to you and your life, your feelings, your plans. (If you do not have a stone or pebble, substitute with something else i.e. a wooden object, an ornament etc.)

Dedicate your life afresh to God.

Think about these words:

'Jesus said: 'Peace be with you'. (John 20, verse 21)

Imagine Jesus looking at you and saying this directly to you, and be still for a while so you can feel His peace and presence with you.

Go in the peace of Jesus Christ.

And know that Jesus is still alongside you, now and always.

Thank you for doing this walk.

We hope, again, to hold a Prayer Walk in church – at St Mary's Church (1, New Road, Peterborough PE1 1TT).

So, please keep your eye on our web site and facebook page:

<http://www.peterborough-stmarys.org.uk/>  
<https://www.facebook.com/StMarysChurchPeterborough/>

And, of course, when churches are reopened, you are welcome to our church anytime 😊

### *'Thy Kingdom Come' (TKC)*

Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray for more people to come to know Jesus. What started in 2016 as an invitation from the Archbishops of Canterbury and York to the Church of England has grown into an international and ecumenical call to prayer.

You may like to call up their web site to see the resources and prayers they have, many of which are free and can be used online:

<https://www.thykingdomcome.global/>

TKC is an annual initiative and runs from Ascension to Pentecost (May 21<sup>st</sup> – 31<sup>st</sup> this year).

During this lockdown period, they have simplified their resources so they can be shared digitally, and this page includes links to the [Prayer Journal](#) and the [Family Prayer Adventure Map](#):

<https://www.thykingdomcome.global/stories/5-ways-your-church-can-be-involved-years-thy-kingdom-come>