

WHAT IS A PRAYERWALK?

Just what it sounds like! It's a time to take a walk and pray around where you live. You can go by yourself, with your family or with your Central Group! You could choose to take turns praying out loud or pray silently. You could pray using the prompts on the next few pages, or just pray for whatever comes to your heart and mind.

GRATITUDE AND PRAISE



Begin your prayer walk by expressing gratitude to God for your neighborhood and all its blessings. Pay attention to things you often overlook. Praise Him for His creation and love.

PROTECTION AND SAFETY



Pray for God's protection and safety over your neighborhood. Ask Him to guard against accidents, crime, and harm to residents. Pray for first responders and healthcare workers who live and work in your neighborhood.

UNITY AND FELLOWSHIP



Pray for unity, love, and fellowship among your neighbors. Ask God to strengthen the bonds of community and help everyone live in harmony.

EDUCATION AND WISDOM



Pray for students, teachers, and administrators of schools around you. Ask God to grant them wisdom, knowledge, and a safe learning environment.

ECONOMIC PROSPERITY



Pray for the economic well-being of your neighborhood. Ask God to bless local businesses, provide job opportunities, and help those in financial need.

FAMILY BLESSINGS



Pray for families in your neighborhood. Ask God to strengthen marriages, protect children, and provide for the needs of households.

HOPE AND COMFORT



Pray for hope, peace and comfort to fill your neighborhood, especially for those going through sickness or challenging times.

FORGIVENESS AND RECONCILIATION



Pray for forgiveness and reconciliation among neighbors who may be estranged or in conflict. Ask God to mend broken relationships.

SPIRITUAL RENEWAL



As you close your time, pray for a spiritual awakening in your neighborhood. Pray for other Christian churches in your neighborhood. Ask God to draw people closer to Him, inspire them to seek His will, and transform lives through faith. Ask God to challenge you to share the Gospel with someone in your neighborhood this year. Ask God to show you someone to pray for, then add their name to the Love Beyond board.

LISTENING PRAYER

“HURRY IS THE GREAT ENEMY OF THE SPIRITUAL LIFE IN OUR DAY. YOU MUST RUTHLESSLY ELIMINATE HURRY FROM YOUR LIFE.”

Dallas Willard

“GOD SPEAKS IN THE SILENCE OF THE HEART. LISTENING IS THE BEGINNING OF PRAYER.”

Mother Teresa

When we think about prayer, listening isn't usually the first thing that comes to mind. But prayer is communion and communication with God! We should be listening to Him too. The act of sitting in silence and listening to God helps us to recenter our priorities, take the focus away from ourselves and our own goals, lives, and to-do lists, and focus instead on God.

Here are some simple steps to start your own listening prayer experience. Remember, these are just suggestions. God is meant to be experienced, not a formula to master!

1 Set aside some quiet time when you can focus.

- » Find a time and place with minimal distractions. It could be early in the morning or later in the evening. It could be in nature or a comfortable place in your home.
- » Turn off or put technology, and especially your phone, in a place you won't be tempted to use or view it.

2 Take a few deep breaths to clear your mind and invite God to speak.

- » Focus on your breath which helps to calm the inner noise.
- » Ask the Holy Spirit to shut out any distractions and invite God to speak to you.
- » Give at least a few minutes to this time. You could start with three minutes and then recenter but feel out what works best for you.

3 Redirect when your mind wanders.

- » Your mind will wander, and that's okay. When you notice that you've been thinking about work, or a conversation with a friend, or anything else, gently acknowledge that distraction and return your attention to your breath. Take a few more deep breaths to recenter yourself.
- » If you continue to struggle with distractions, know that's normal. Consider reading Scripture. You could read the Psalms (like Psalm 100).

4 Pay attention to and write down what God places on your heart and mind.

- » It could be images, words, scriptures or ideas but write them down.
- » It's okay if the first time you try this you have a hard time distinguishing normal thoughts from God's voice. The most important thing is you are giving God space to speak to you! As you practice listening to God, combined with a consistent Bible study practice, you will learn to distinguish God's voice from your own, just like the sheep learn to recognize the shepherd's voice in Jesus' parable of the good shepherd!