

Walking Prayer

This prayer guide is part of our 40 Hours of Prayer and Worship. You are welcome to follow this guide or simply use it as a starting point and let the Spirit lead your time.

As God calls us into community together, He also calls us to be faithful in the spiritual practices of prayer and worship. During this time, we invite you to pray for God's good work at New Life Church, giving thanks for the work that has already been done, lifting up the work happening now, and entrusting the work that lies ahead to Him.

May this be a time of listening, gratitude, and renewed trust in the God who is always at work among us.

Read/Reflect (5 minutes)

1. As you pray, take time to center this time around praying to the Lord. Set a timer for 5 minutes: sit in silence, calm your mind, and focus on this time of prayer. You might want to even stretch, ready your body and mind for this walk.
2. As you begin, invite God into this time, eg. "Lord, walk with me", "be with me"

Prayer for your surroundings and your community (10-15 minutes)

- If you are walking through our ministry space, pray for the work that happens here: classrooms, worship space, offices, hallways, etc. Pray for the ministry that happens, pray for meaningful connections, pray for ministry leaders.
- If you are walking outside, prayer for the things you see: the nature around you, the people on the street, the buildings and stores for God to work within them.
- Wherever you are, pray for the wider community:
 - The city of Abbotsford
 - The province of British Columbia
 - The country of Canada

Personal Response (5 minutes)

- As you walk, spend some time listening to God. How does God speak in your walking?
- Read Deuteronomy 10:12

Closing Prayer (5 minutes)

Let this simple prayer help begin your closing prayer: Lord, thank you for being present with me in every step. Help me continue to walk with you today, noticing where you are at work and joining you in it.....