

# Prayer walking my neighbourhood in Covid



Praying while we walk is a way of saturating a place and people with prayer. The focus is on others – those who live in the area where we live.

As you set off walking, begin with your eyes on Jesus. Then look and observe each house as you walk past.

Just start talking with God.

- Ask God to bless the residents of each house as you walk past.
- If you know the people who live in the house and are aware of any needs, bring these to God.
- If you pass a playground, pray for the families who bring their children to play there.
- If you don't know those who live in a house, ask that God will open doors for you to meet them when the time is right.
- Take whatever opportunities that come; the opportunity to wave and to smile.
- If you pass a school, pray for the teachers, students and parents.
- As you return home, thank God for the residents of the houses you have walked past.

If you walk the same route each day, you could pray for something different each day. For example. you could pray for health, for peace, for an absence of loneliness, for the Holy Spirit to be working in the lives of the people.