



# PRAYER WALK AT HOME

---

Here is a *Prayer Walk* for use at home.

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

An activity has been suggested for each *Prayer Rest*, but these are completely optional.

You might like to have the following things ready before you start.

**Prayer Rest 2:** pen, piece of paper, waste bin.

**Prayer Rest 4:** Bible, Bible notes or Prayer Book, pen & paper.

**Prayer Rest 5:** candle, match or lighter.

**Prayer Rest 6:** piece of paper, pen, & die/dice.

**Prayer Rest 8:** craft or handicraft materials, photographs

**Prayer Rest 9:** 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

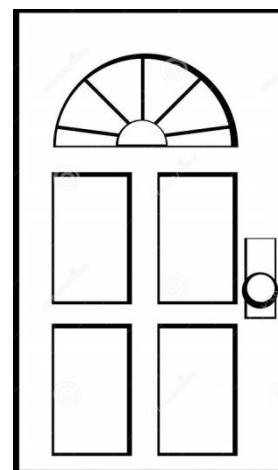
### 1. **Start of Your Journey - your front door.**

Look 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**

## 2. 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.

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, 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 and sit down.**

## 4. Focusing on God's Word

Pick up your Bible. 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*



*(continued on next page)*

Read your favourite passage, or one of the following:

'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 v 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*

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.

## **Move slowly to Prayer rest number 5**

### **5. Your Dining Room**

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

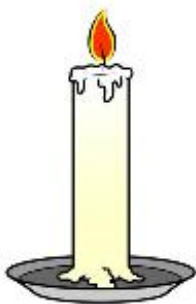
As you watch the flame gently flicker, give thanks to God that he is the light of the world.

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 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 – eg 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 Foodbank and the Daylight Centre. Put aside some food to donate to the Foodbank (we can arrange to have this collected).

If it is safe to do so, decide to make some cakes or scones or something that can be given to a neighbour.

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.

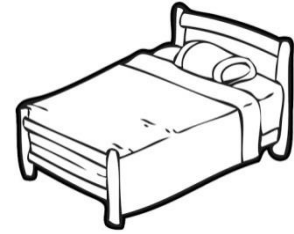
Say this a couple of times:

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 those in temporary accommodation and 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.

Give thanks for beautiful works of art.

You could focus on a painting or a greetings card. Think how God is speaking to you through these. Pray and praise and thank God accordingly.

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

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.

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

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 or knitting – 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.

If you have a stone or pebble – perhaps go and find one in the garden - marvel at its size, shape, colour 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 eg. a wooden object, an ornament, etc.)

Dedicate your life afresh to God.

Think about these words:

Jesus said: 'Peace be with you'. *John 20 v.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, in the knowledge that Jesus is still alongside you, now and always.



I am indebted to Sue Moore for allowing me to adapt the Prayer Walk she prepared for her church.

*Revd Christine*

© Sue Moore Lay Pastoral Minister, St Mary's Church, Peterborough  
(April 2020)