



Prayer Walking Outside

PURPOSE: TO CONSCIOUSLY INTERACT WITH JESUS AS HE ACCOMPANIES YOU ON YOUR WALK. IT'S ABOUT DEVELOPING ATTENTIVENESS TO WHAT HE SHOWS YOU IN WHAT YOU SEE, HEAR, FEEL AND SMELL. THEN TURNING THOSE OBSERVATIONS INTO A PRAYER OF WORSHIP, GRATITUDE, SAYING SORRY, A REQUEST FOR YOURSELF OR OTHERS. YOU MAY ALSO PICK UP ON THE SPIRITUAL CLIMATE IN THE AREA YOU WALK.

START BY INTENTIONALLY INVITING JESUS TO COME WITH YOU AND TO OPEN YOUR SENSES AND YOUR HEART TO WHAT HIS SPIRIT IS REVEALING. YOU MAY WANT TO WALK SLOWLY OR IF THIS IS PART OF YOUR EXERCISE REGIME, WALK BRISKLY THEN SLOW DOWN AS YOU NOTICE SOMETHING SPECIFIC. TURN THAT "NOTICING AND ATTENTIVENESS" INTO A DIALOGUE WITH JESUS AS YOU GO EITHER OUT LOUD OR SILENTLY. YOU MAY WANT TO MAKE A NOTE OF ANYTHING SPECIFIC YOU ARE AWARE OF.

WHAT YOU CAN SEE: NATURE - TREES, GRASS, WEEDS, GARDENS, SKY AND CLOUDS, SUN. ROADS AND SIGNS, PATHS WALK WAYS, BUS STOPS, LITTER BINS. TRAFFIC AND TRANSPORT MEANS. PARKED CARS. BUILDINGS - STATE OF REPAIR. WHAT DRAWS YOU AND WHY? WHAT IS NOT APPEALING AND WHY? LITTER OR ANYTHING THAT SEEMS TO BE UGLY OR SPOILS WHAT IS THERE.

WHAT YOU CAN HEAR: BIRDSONG, DOGS, WIND IN THE TREES, TRAFFIC, SIRENS, VOICES, CHILDREN, MUSIC, RUNNING WATER, MACHINERY / LAWNMOWER ETC

WHAT YOU CAN FEEL: TEMPERATURE, WIND, SUN, RAIN, THE SURFACE YOU WALK ON - IS IT EVEN, STRAIGHT, OBSTRUCTED, NATURAL, MANMADE? THE TEXTURE OF YOUR CLOTHES AND FOOTWEAR.

WHAT YOU CAN SMELL: FLOWERS / PLANTS, FUMES, COOKING/FOOD SMELLS

WHAT YOU SENSE, KNOW OR DISCERN: IF YOU KNOW THE NAMES OR ANYTHING ABOUT NEIGHBOURS BRING THEM TO JESUS AS YOU WALK. WHAT ARE KNOWN OR PROBABLE NEEDS IN THE AREA YOU'RE WALKING? HOMES WITH HANDRAILS PROBABLY SIGNAL ELDERLY OR PEOPLE WITH DISABILITY. IS THERE AFFLUENCE, POVERTY / A MIXTURE? PRAY FOR ANY SCHOOLS, PLACES OF WORSHIP, LOCAL SHOPS / BUSINESSES YOU PASS. IS THERE A SPIRITUAL ATMOSPHERE TO PRAY INTO?



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Additional Details...

TREES (TRUNK, PROTECTIVE BARK, BRANCHES, LEAVES, DEAD WOOD, NESTS, FLOWERS, FRUIT)

ASK: HIDDEN ROOT SYSTEMS SUSTAIN WHAT IS VISIBLE OF THE TREES. ARE THERE HIDDEN, LIFE GIVING ANCHORS TO PRAY FOR YOURSELF OR OTHERS? TREES LOCK UP CARBON AND HELP AIR QUALITY - WHAT COULD YOU BE GRATEFUL FOR AND THEN TURN INTO A REQUEST?

ROAD (BENDS, POTHOLES, ROAD SIGNS, JUNCTION)

ASK - WHAT CAN I SEE IN THE ROAD THAT EQUATES WITH ASPECTS OF LIFE? IS GOD SAYING ANYTHING TO ME ABOUT MY JOURNEY WITH HIM?

PARKED CARS

ASK - DO I OR SOMEONE I KNOW NEED TO PARK UP FOR A REST? HAVE I BEEN STATIONARY FOR TOO LONG? IS THE PARKING CARELESS OR THOUGHTFUL?

RUBBISH/ LITTER / DOG POO!

ASK - WHAT'S MY REACTION TO WHAT I NOTICE HERE? PAUSE AND SAY SORRY FOR THINGS THAT "LITTER YOUR LIFE" OR GET IN THE WAY OF GOOD RELATIONSHIPS WITH GOD OR OTHERS. BE HONEST AND REAL. IS IT TIME TO GET RID OF OR CLEAR SOMETHING OUT...IS THAT RELEVANT FOR ANYONE I KNOW?

SIGNS OF GROWTH, FLOWERS - SCENTS

ASK -WHAT HAS GROWN RECENTLY THAT I CAN BE GRATEFUL FOR? IS THERE ANYWHERE SPECIFIC I'D LIKE TO GROW IN PERSONALLY? CAN I ENCOURAGE SOMEONE ELSE IN WAYS THEY GROW? WHAT IS SWEET OR FRAGRANT FOR ME RIGHT NOW?

WIND, RAIN, SUN, WARMTH, CHILL

ASK - IS THE WEATHER A POINTER TO SOMETHING RELEVANT TO ME OR SOMEONE I KNOW? WHAT ABOUT THE SPIRITUAL OR ECONOMIC OR SOCIAL CLIMATE IN THIS AREA? WHAT COULD I PRAY?



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Additional Details Continued...

DOG ON A LEAD / OBEDIENT/ RUNNING FREELY

ASK - WHAT'S THE RELATIONSHIP WITH THE OWNER AND WHAT DOES THAT SAY ABOUT A RELATIONSHIP WITH GOD?

SIREN FROM EMERGENCY SERVICES. OTHER TRAFFIC SOUNDS.

ASK - IS THERE SOMETHING I NEED TO BE ALERT TO RIGHT NOW? IS SOMEONE I KNOW SICK, NEEDING HELP? IS ANYONE I KNOW FACING A CRISIS OR EMERGENCY?

TRAFFIC LIGHTS

ASK - STOP AND WATCH THE LIGHTS CHANGE A FEW TIMES. AS I BRING A CURRENT DECISION TO GOD, DO I GET A SENSE OF "GO", "WAIT", OR "STOP"

BIRD SONG

ASK- IS THERE ENOUGH JOY OR REFRESHMENT IN MY LIFE RIGHT NOW?

PROPERTIES (STATE OF REPAIR, AFFLUENCE/ POVERTY)

ASK- WHAT COULD BE SOME OF THE GENERAL NEEDS IN THIS AREA? IS GOD INVITING YOU TO PRAY A BIG BOLD PRAYER TO BRING IN HIS KINGDOM?

SHOPS / BUSINESSES

ASK - WHAT WOULD SERVE THIS AREA AND DOES THE SHOP OR BUSINESS LOOK THRIVING OR IN NEED?

TRANSPORT LINKS

ASK - WHAT MIGHT COMMUTERS AND PROVIDERS NEED RIGHT NOW?

LEISURE FACILITIES (PARK, PLAYGROUND, CINEMA, SPORTS FACILITY)

ASK - WHAT THINGS KEEP YOU WELL EMOTIONALLY AND PHYSICALLY AT THE MOMENT. IS THERE ANYONE TO PRAY FOR WHO IS IN AN UNHEALTHY PLACE?

PLACES OF WORSHIP

ASK - FOR RELEVANT WAYS FOR GOD'S TRUTH AND GRACE TO SERVE THE COMMUNITY AND MIRROR GOD'S CARE.