



Prayer Walking Inside

PURPOSE: TO CONSCIOUSLY INTERACT WITH JESUS AS HE ACCOMPANIES YOU AS YOU WALK AROUND YOUR HOME. 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 SLOWLY WANDER RATHER THAN WALK WITH PACE AROUND THE HOUSE. 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.

FRONT DOOR

ASK- WHAT DO YOU WANT TO KEEP OUT? WHAT DO YOU WANT TO BE OPEN TO/ GIVE ACCESS?

HALL-WAY

ASK - WHAT ARE YOUR CHOICES ABOUT WHICH ROOM TO ENTER, WHERE TO GO AND WHAT CONNECTS TOGETHER.

LOUNGE/ LIVING ROOM

ASK -WHAT ARE YOUR FAVOURITE PLACES TO SIT? WHY? USE THAT BASIS TO PRAY. LOOK AROUND AND THANK GOD FOR OBJECTS THAT BRING POSITIVE MEMORIES. PRAY ABOUT WELCOMING OTHERS AND GOD INTO YOUR LIVING SPACE. WALK TO THE WINDOW...WHAT ARE WINDOWS TO GOD FOR YOU OR OTHERS?

BOOKSHELF - THANK GOD FOR THOSE BOOKS AND AUTHORS WHO HAVE HELPED YOU LEARN AND GROW IN UNDERSTANDING IN ANY WAY. WHAT IS A FAVOURITE BOOK...WHY IS THAT?WHAT DOES THAT TELL YOU ABOUT YOURSELF?

HOUSE PLANTS - HOW HEALTHY DOES IT LOOK AND WHAT CAN YOU LEARN ABOUT THE BALANCE OF NATURE AND GOD'S GIFT OF LIFE IN ALL ITS FORMS?



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Continued...

KITCHEN

ASK - AS A PLACE OF PREPARATION, WHAT MIGHT GOD BE PREPARING FOR YOU? FOR OTHERS?

OPEN A FOOD STORE AND THANK GOD FOR WHAT'S THERE. PRAY FOR THOSE WHO ARE IN NEED RIGHT NOW.

AS YOU STAND BY YOUR COOKER, IS THERE A PART OF YOUR LIFE THAT NEEDS SOME WARMING WITH THE HOLY SPIRIT?

CHOOSE AN ITEM OF CUTLERY...WHAT DOES THIS SPEAK OF AS WAYS TO SERVE / MINISTER TO OTHERS?

IS THERE SPIRITUAL FOOD YOU OR OTHERS NEED RIGHT NOW?

TRY TASTING SOME SALT- WHERE COULD YOU BRING FLAVOUR TO YOUR LIFE AND OTHERS?

TASTE SOME SUGAR - IS THERE ANY BITTERNESS OF REGRET OR FEELING CHEATED YOU COULD ASK GOD TO SWEETEN?

STAIRS / STEPS

ASK - WHAT THINGS HELP DRAW YOU UP SPIRITUALLY? TAKE A MOMENT TO FOCUS ON COMING NEAR TO YOUR HEAVENLY FATHER. IMAGINE CLIMBING TO DRAW CLOSE GOD AND PRAY THAT AS YOU GO UP THE STAIRS OR ANY STEPS.

BEDROOM

ASK- DO I OR OTHERS NEED REST IN THE DEEPEST PLACES? THANK GOD FOR SLEEP AND ITS POWER TO REFRESH. DO YOU KNOW ANYONE WHO STRUGGLES TO SLEEP? PRAY FOR THEM OR YOURSELF.

BATHROOM / TOILET

ASK - RUN A TAP AND THANK GOD FOR HIS CLEANSING AS WE COME TO HIM TO SAY SORRY AND SEEK HIS GRACE. THE GIFT OF SANITATION IS NOT A WORLDWIDE PROVISION SO PRAY FOR THOSE WHO ARE IN DANGER FROM POOR HYGIENE, WHO HAVE NO ACCESS TO FRESH WATER.

SQUIRT SOME AIR FRESHENER OR USE A FRAGRANCED PRODUCT TO PRAY ABOUT BEING THE AROMA OF JESUS. SPIRITUALLY WHAT WOULD YOU SAY WAS THE EQUIVALENT OF REPLACING AN UNPLEASANT STALE ODOUR WITH SOMETHING PLEASANT?