



A LITURGY FOR A PRAYER WALK

START >

Three helpful things to begin with:

1. W.L.L.P. (repeat)

It's helpful to follow this cycle: Walk-Look-Listen-Pray-Repeat. As you walk look and listen, be observant of what is around you. Then, when something stands out or seems important, begin to pray, quietly or out-loud and offer it to God, bless it, pray a fruit of the Spirit over it, thank God for it. Then repeat.

2. 'Pray-as-you-go'

Don't just wait to pray when we stop, this is 'pray-as-you-go' either in quiet observing or through out loud prayers. Go in pairs and ask each other questions that lead to prayer - Do you know what that building is? What do you think God is doing here? What is the history here? Can we pray for that person/place?

3. Your walk is a prayer!

The prayer of a prayer walk is not just what we say to God out-loud or in silence, our walk is an act of prayer, a prayer that says 'Your Kingdom Come here' and 'Let there be light'.

Let's take a moment now before we start walking.

Pause for quiet. Then leader prays:

Psalm 143:8 says, 'Let me hear of your unfailing love each morning, for I am trusting in you. Show me where to walk, for I give myself to you'

— *Lord Jesus, show us where to walk.*

The disciples asked you how to pray and you gave them the Lord's Prayer (Lk. 11:1-4)

— *Lord Jesus, teach us how to pray.*

The Apostle Paul taught us that there is a spiritual battle going on, not against flesh and blood but, one that requires spiritual armour and the Spirit of God (Eph. 6:10-18)

— *Lord Jesus put your armour on us now, guard us as we go, cover us with your shield and bring to our mind the holy scriptures for these places.*

We are called to bring out the God-colours of the world (Matt 5:14-16 msg)

— *Lord grant us your peace that we may be people of peace and carriers of your good news for [this place] today.*

'The night has passed, and the day lies open before us; let us walk and pray with one heart and mind.'

Amen.

> MIDDLE

It's helpful to make some stops on a prayer walk whether there is just one or two but especially if there is a bigger group.

Good places to stop: Landmarks / Junctions / Place of significance / Boundaries.

Good ways to stop: hold a silence / read a piece of scripture / ask one or two to pray out-loud.

> END

We wrote a prayer for our borough that we have on postcards and use to end prayer walks in our area (towerhamlets.church/prayer). You may want to use a specific local prayer but it is helpful to end with a short set prayer, prayed out-loud altogether.

Pause for a moments quiet, then pray:

Our Father in heaven,
Hallowed be your name,
Your Kingdom come, your will be done,
On earth as it in heaven.
Give us today our daily bread,
Forgive us our sins, as we forgive those
who sin against us.
Lead us not into temptation but deliver
us from evil.
For the Kingdom, the Power and the
Glory are yours, now and forever,

Amen.

