

# Prayer Walk



This is a suggested prayer guide for you to do as you take a walk as part of your allowed daily exercise. Or if you are self-isolating you can use it along with your imagination to 'walk through the town'. If you are physically walking please remember to adhere to social distancing, especially if you are walking as family group please be mindful of others.

The walk is not laid out in any particular order but grouped by topics.<sup>1</sup>

## YOUR STREET

**Give thanks** to God for his provision to you. Count your blessings and thank Him for them. If it is hard to do so at the moment pause for a while and ask the Holy Spirit to bring them to mind.

Ask for God's help to show genuine interest and practical real love to those living around you.

Take time to pray that when Jesus returns every single person will meet Jesus as their Saviour.

### A SHOP

**Thank God** for his provision to us.

**Thank God** for those who serve you in shops and pray for their continued good health

**Pray** that food suppliers and retailers would be able to cope with the extra pressure of delivery, stocking shelves and selling to customers in stressful circumstances.

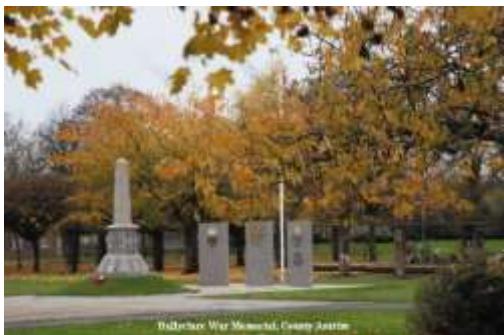


### THE TOWN HALL

**Pray for** decision makers at all levels of government as they receive advice from specialists, interpret data and shape policy that they would be wise in their decision-making and clear in their communication to others.

**Pray** particularly for governments on our own island and across the world as they navigate the fine lines of easing lockdown measures at the right pace, asking for God's wisdom in judging the balances required.

## THE WAR MEMORIAL PARK



**Thank God** that he “is our refuge and strength, an ever present help in trouble. Therefore we will not fear.”  
(Ps 46:1-2)

**Give thanks** for the Selfless and courageous service and sacrifice of many men and women in conflicts throughout the centuries but especially for those who fought in World War II.

**Pray for** the work of armed-force chaplains, and for Christian military personnel and their families. Pray that in the busyness of life they would take time to hear from God in his word and enjoy his presence daily.

## OUR CHURCH BUILDING

**Give thanks** for all those you know and don’t know that make up the fellowship of our congregation.

**Give thanks** for the ways God has blessed you through our congregation.

**Take time** to think about those who you sit beside on a Sunday. What might their needs be during lockdown? Pray for them.

**Pray** for our convenor, Peter, as he manages family life, home schooling and 3 congregations.

## THE HEALTH CENTRE

**Pray for** time and adequate resources for health services to prepare and increase capacity of hospital beds and of intensive care beds.

**Pray for** our scientific community leading the charge to understand the disease and communicate its gravity.

## A LOCAL BUSINESS (NOT A SHOP)

**Pray for** those who lead in the business world, whether large corporations or small concerns, asking that God would give them peace, wisdom, a sense of his provision and the ability to balance financial responsibility with care for treatment of staff.

**Pray for** the self-employed who have been hit particularly hard by loss of business and often have fewer reserves to fall back upon, that God would give them peace and supply their needs.

## A SCHOOL

**Pray that** children struggling with the loss of routine may experience a sense of calm in their loss of the familiar;

**Pray that** teachers preparing work to send home will be able to be creative in supplying learning outside the classroom.

<sup>1</sup> Some prayer points are compiled from material supplied by PCI' Let's Pray.