

together sunday 29th November 2020

Prayer Walk

PRAYMK
together

This year, getting outside has been tremendously important for those of us who can.

The fresh air brings back a sense of perspective. The natural world can provide respite from the whirl of pressing concerns inside our heads. Even the smell of the breeze can enliven our bodies and minds.

So, this week, we took our camera on a prayer walk around central Milton Keynes and we invite you to join us. Either you can watch the video and pray for what you see and hear as you go along, or you could note down places, ideas, people and issues and pray afterwards. Our whole city needs prayer - prayers of thanks as well as of intercession and blessing.

Or perhaps you would like to take a prayer walk yourself around your local area with a friend or your family? If you aren't able to get out, perhaps you could take a prayer walk in your imagination or draw a simple plan of your neighbourhood. We can pray blessings for our

neighbours, our local school, library, bus stop, corner shop. We can pray for our bin-collectors and our community leaders. Perhaps the things we see or hear on our prayer walk might remind us of something else we can pray for? Seeing the library might remind us of school pupils and students - we could pray for them. Or perhaps when we look at the art gallery we might want to thank God for an artist whose work has encouraged us.

If you want to find out more about prayer walking, go to <https://www.24-7prayer.com/prayerwalking>

For the video go to <https://vimeo.com/480405101>

Families - prayer walk!

Please help your grown-ups to do a prayer walk on the video or in your local area. See above 🙏

If walking is too boring, why not run or skip? Or you could take some chalks with you and draw on the pavement?

