



PRAAYER WALKING

your neighbourhood



WHAT IF WE WERE TO REIMAGINE OUR HOMES NOT AS A CASTLE TO HIDE IN, BUT AS AN OUTPOST FOR THE KINGDOM OF GOD?

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THIS RESOURCE

*is set up for you to participate individually or in a small
group for the sake of your neighbourhood.*

WHAT YOU'LL NEED

*30 - 40 minutes of your time.
A journal, pen, perhaps your bible.*

**For the additional activities you need:
A stone, and a body of water.
A stamp pad or paint
A mirror.*

PART 1

Hope

TAKE SOME SLOW DEEP BREATHS

*Take some slow deep breaths and relax.
Begin to let go of the tensions in your body.
Feel the pressure and busyness slipping away.*

STONE & WATER EXERCISE

*In front of you is a pile of stones and a pool of water.
Take a stone from the pile.
Imagine that all your concerns and worries are held in
the stone.
Hold the stone tightly and name the concerns and worries
in your mind. Hold the stone over the pool of water and
in your own time let it go.
Watch your worries and concerns fall.
Imagine them falling into God's lap.
How does it feel to release them?*

1 PETER 5:7 AMP

CAST ALL YOUR CARES [ALL YOUR ANXIETIES, ALL YOUR WORRIES, AND ALL YOUR CONCERNS, ONCE AND FOR ALL] **ON HIM, FOR HE CARES ABOUT YOU** [WITH DEEPEST AFFECTION, AND WATCHES OVER YOU VERY CAREFULLY].

PART 1

You + God notes

PART 2

Meaning

Praise the Lord.

*Praise the Lord from the heavens;
praise him in the heights above.*

*Praise him, all his angels;
praise him, all his heavenly hosts.*

*Praise him, sun and moon;
praise him, all you shining stars.*

*Praise him, you highest heavens
and you waters above the skies.*

*Let them praise the name of the Lord,
for at his command they were created,
and he established them for ever and ever—
he issued a decree that will never pass away.*

*Praise the Lord from the earth,
you great sea creatures and all ocean depths,
lightning and hail, snow and clouds,
stormy winds that do his bidding,
you mountains and all hills,
fruit trees and all cedars,
wild animals and all cattle,
small creatures and flying birds,
kings of the earth and all nations,
you princes and all rulers on earth,
young men and women,
old men and children.*

*Let them praise the name of the Lord,
for his name alone is exalted;
his splendor is above the earth and the heavens.*

*And he has raised up for his people a horn,
the praise of all his faithful servants,
of Israel, the people close to his heart.*

Praise the Lord.

PART 2

Meaning

TAKE A MOMENT TO SIT IN PSALM 148

*Highlight, circle, underline parts that stand out to you.
Pray it, journal about it, use it to posture yourself.*



KIDS ACTIVITY:

*Draw a picture of yourself praising God.
Eg/ you dancing in creation, you swimming in the
ocean acknowledging the creator of everything.*

PART 3

Identity

**FOR YOU CREATED MY INMOST BEING; YOU KNIT
ME TOGETHER IN MY MOTHER'S WOMB.
I PRAISE YOU BECAUSE I AM FEARFULLY AND
WONDERFULLY MADE; YOUR WORKS ARE
WONDERFUL, I KNOW THAT FULL WELL.
PSALM 139:13-14**

*When you look in the mirror, what do you see?
Do you, like the psalmist, see someone that is “fearfully and wonderfully
made”?*

Does what you see make you want to praise or cringe?

*What do you think Jesus meant when he said to love others as we love
ourselves.*

*Stop to feel your pulse.
Life is running through you.
Life is a gift.
Feel your finger tips
See your unique pattern on them?
You are unique.
You are made in God's Image.
You are loved by the creator who is proud of you, the created.
You are made on purpose, for a purpose.
Look again in the mirror.
Ask God to show you the real you, the you that God sees.*

PART 3

Identity



KIDS ACTIVITY:

*Stamp your fingerprint, look at the pattern. See how unique you are?
You are made on purpose, for a purpose.*

Think about what the journey you've been on with God so far this morning. How might this encounter change you as you step back out into the mission field [Where you live, learn, work and play].

PART 4

Purpose

THE WORD BECAME FLESH AND MOVED INTO THE NEIGHBOURHOOD.

JOHN 1:14

Reflect on how you might allow God to be made flesh in your life and your neighbourhood. How might He use us, in this particular part of the world.

Why are you planted in this part of the world, with these neighbouring houses, families and individuals?

As we meet with God and receive, think about taking the light out into the world, what might it illuminate.

As you walk in your neighbourhood today,

ASK YOURSELF

What do I see?

What is on my heart for this neighbourhood?

THEN ASK GOD:

What does He see?

What is His heart for this neighbourhood.

What is He doing in this neighbourhood.

PART 4

Purpose

*Finish in a time of quiet reflection.
Journal what you noticed, what's on your heart.
What you heard or felt God was doing in this place?*

Share it with your Neighbourhood Group – Look for themes.