

In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words. - Romans 8:26

Prayer Walk Guide

Before you begin -

- Print and cut out the attached cards. Print enough for every house you'll pass. If you want to make your own, go for it! This could be a great way to involve any kids at home! As you pray for a home, drop a card in their mailbox or on their front porch. (Remember to stay 6 ft from any people!)
- Make sure you have a copy of this prayer guide, whether it's on a phone or tablet or you print it out. We also suggest grabbing a notebook or piece of paper and a pen or pencil, to journal anything that comes to your mind as you pray.

Begin your prayer walk at home, with a minute of listening. What do you hear? Use this time to clear your mind and focus on God.

As you walk around your block, pray for each house you pass. Pray for those you know by name. Otherwise, simply pray over the house. Try to look at your neighborhood through God's eyes. What does He see in your neighborhood?

Pray for anyone that comes to your mind. You may have a specific person or situation pop into your head. Instead of calling these thoughts "distractions," think of them as prayer prompts. Take a minute to lift that person up in prayer, and journal your prayer.

You may find it difficult to settle your mind and think of what to pray for. If that's you, that's okay! We're providing a suggested list of prayer items. Read through it, and take a minute to linger over anything that sticks out to you.

We can pray for...

- Our healthcare workers, and other essential workers who are working harder than ever right now.**
- The scientists who are looking for a cure for COVID-19.**
- Those who are sick and their families, both in America and around the world.**
- All those who have lost their jobs or had their hours reduced and are facing financial hardship.**
- Students and teachers who are having to do school remotely.**
- Everyone who is struggling with loneliness and disappointments, and may not have anyone to check in on them.**
- Those who battle mental illnesses, amplified by limited access to therapists and life-saving friendships.**
- Anyone stuck in an abusive home, with nowhere to go right now**
- Those who have no home to stay in.**
- Federal, state, and local governments**
- Leaders in education, churches, and businesses.**
- The persecuted Church around the world, who can't meet to encourage one another**
- That people would come to lean on God, and that we would see a local, national, and global revival!**

You've been prayed for!

If you'd like to ask for specific prayers,
use your phone's camera to scan
the QR code, and let us know!



You belong here.

Lyman Wesleyan Church
www.lymanwesleyan.com

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