

WALK

CYCLE

SAIL

PRAY

We are excited to be planning another Suffolk-wide prayer walk for the weekend of 19-21 May, with people from different Christian denominations and streams working together.

We are looking for walkers, runners, cyclists and home prayers to join us in praying for God's blessing on communities across Suffolk. The routes include the boundaries and streets of our towns and villages, walking the coastline of Suffolk and cycling the roads of Suffolk's perimeter. More information to follow or to find out getting involved please contact-

suffolkinprayer@gmail.com



www.suffolkinprayer.uk

Prayer Walking

Prayer walking is as simple as it sounds - praying as you walk. When we prayer walk, we are stepping into our authority as God's children to bless people and places in Jesus' name. This simple task is a great way to bring transformation to your local community by asking God to break in. Between 19-21 May 2023 we will be joining with many Christian churches and organisations to prayer walk, run, cycle and sail around the beautiful county of Suffolk - in our towns and villages, fields and woodland, around schools and hospitals and bless communities as we go.

get involved

Choose Your Local Area

Know the places and people that make up your local community. What jobs do people do? What ethnicities and social classes live in your area? How many sacred buildings are there? Choose the community you would like to bless through prayer walking.

Know Local People

Find out what the needs are in your local community by contacting or speaking to people living or working within your area.

Know Local Needs

Are there problems with unemployment, crime or poverty in your area? You could put all of this information onto a physical map of your community or write it down in one place. This will help inform your prayers, and you can add to it the more you prayer walk.

Get Prayer Walk Planning

The core of prayer walking is conversing with God; ask Him to show you what He sees; to know His heart for your community. Here are some practical suggestions on how to prayer walk effectively: you could plan routes with small church groups, friends or family groups.

Plan Your Route

You can plan ahead to ensure that you pray for specific places, or simply ask the Holy Spirit to guide your time - safety is of prime importance so let your route be known by friends, especially if walking alone. Join up with local churches, Christian groups, Churches Together or chaplaincy teams to cover larger areas or have larger walking groups. Planning refreshment breaks & toilet breaks for walkers that can be advertised before the events (places & times of availability) would be wonderful for all involved.

Remember - praying ahead of this event is so important. Asking God to go ahead of us, to guide and encourage us, to protect and sustain those taking part and of course to bless our county and communities within Suffolk.

I will give you
every place where
you set your foot, as I
promised Moses.

Joshua 1:3

Involve The Church Community

Training will be available for those individuals or groups wanting to learn more about prayer walking and blessing communities. This can be in-person training, online chat, or via the information on our website - contact details below.

Pray For Others

As you prayer walk, the focus is on those who are living in our community so we should be intentional about praying for God's blessings on what we see and feel. Even in difficult areas, we should try to pray positively. Focus on God's plans and purposes for the place and people that live there. "Your Kingdom come, your will be done..." is an excellent start.

Ending Well

If working as a group, meet up at the end on line or by phone to share what you've prayed and heard from God. Write down what you share so that you can keep track of how to pray for your area.

If you are unable to leave the house due to isolation take a map of your area and pray over it (either on paper or online)– name public buildings and residential areas within your prayers. Praying in your garden or outdoor space is also a great way of praying for your local area.

Remember to keep Suffolk in Prayer and Ipswich in prayer up to date with all you plans and how things go over the prayer walking weekend.

Keep Going

After your prayer walk, keep praying for your community. You might like to arrange specific prayer meetings or further prayer walks for your area. Prayer walking is also a way of claiming a specific area for God. When Joshua and the army were claiming Jericho, God instructed them to walk around the city for six days, and seven times on the seventh day. Why not make your walk a physical prayer by repeating it for a week?

As you keep praying, continue to ask for God's blessing in your area; praying for God's kingdom to come and His Will to be done in your area. If you feel that God is highlighting specific needs or challenges, think about how to take action; how could you and your Church be part of God's solution practically, as well as prayerful.





We'd love to know where your travels take you and what areas of Suffolk you are praying for so that we can put you on our map.

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