

Walk to your local school. Spend time praying for the teachers, the students, the cleaners, the people who make the school lunches. Thank God for your school and your favourite teacher.

Pray as you walk past people's homes, for all who live locally. Pray for people who've just moved into the area, and those that have moved on to somewhere else. Pray for those without homes, sleeping rough and needing shelter.



Use these suggestions to guide your prayer walk around your local area

let's Pray

collect-

Look around you as you walk and see what treasures you can find. Collect a pretty stone, a colourful leaf or a delicate bird feather. Thank God for all of the amazing things He has created.



Head to your local shop. Pray for the people who work in the shop and the customers walking in to buy things. Thank God for the farmers, bakers and suppliers who help to stock the shop.

Pray for people. People you know that God is bringing to your mind and strangers you don't know who you might pass by as you walk. Is there someone in your life that needs cheering up? Could you do something to make them smile today?



look-

Spend some time being really quiet in the most beautiful place you can find. Why not sit under a big oak tree, or by a flowing stream. Find a bench or sit on the grass and just listen... what do you think God is saying?



listen-

If you have headphones, you could listen to some relaxing music as you walk. You could listen to some guided prayer too, such as the lectio365 app.



Join with friends, the church and family to pray together, enjoy the countryside and have a picnic as part of



Once you've prayer walked around your local area, and spent time asking God to bless the spaces you visited, why not end by sharing a picnic together with the people you walked with?

Reflect together over food and drinks, and share what God said to you or what stood out on your journey.

Don't forget to share pictures to social media using the hashtag #bigsuffolkprayerwalk or send us your photos at suffolkinprayer@gmail.com