



ON THE **MOVE**

GOD, OPEN MY EYES TO ONE PERSON THAT NEEDS YOUR LOVE TODAY AND GIVE ME THE COURAGE TO SHARE IT.

As people are starting to gather together again, we know what our community and world need most right now is prayer. We want to pray anxieties and fears are relieved. We need a prayer movement within our church to lift our communities up before God.

Prayerwalking around your neighborhood or community is a great way to lift up others to God in prayer. But if you have never gone on a prayerwalk before, it might feel strange. Below are a few practical tips to consider as well as some Scriptures to inspire you as you begin your prayerwalk.

PRAY THOUGHTFULLY:

- Be sure to follow the advice of community and health professionals and practice appropriate safety precautions like social distancing, face masks, etc.
- Invite friends or family to join you for your prayerwalk. This can be a great way to teach kids how to pray for our neighbors and community.
- Prayerwalking is not about evangelism or praying in a way that attracts unnecessary attention (Matthew 6:5). The focus of your prayerwalk should be to lift up your neighbors to God in prayer.
- Walk the streets around your home or consider starting your walk from your child's school, a local business, a Central Mission Partner, or another area of your community.
- If you are walking in a neighborhood or area you are unfamiliar with, make sure to know where you are going and how to get back to your home or vehicle when you begin walking.

PRAY SCRIPTURALLY:

- Thank God for preserving life and keeping so many safe in this time of crisis.
"Though I walk in the midst of trouble, you preserve my life..." Psalm 138:7 NIV
- Ask God to help you to live in a way that honors God so that He would be glorified in your community.
"Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts." Isaiah 26:8 NIV
- Pray over the land you are walking on and ask God to give it to you as a "spiritual harvest." (Matthew 9:37-38)
"Go, walk through the length and breadth of the land, for I am giving it to you." Genesis 13:17 NIV
- Use the prayerwalk as an opportunity to teach your children about why we pray for our neighbors and community.
"Impress (these commandments) on your children. Talk about them when you sit at home and when you walk along the road..." Deuteronomy 6:7 NIV
- Ask God to create unique encounters with others as you walk and pray. Jesus often engaged with others as He was walking somewhere. (Mark 2:14, 11:27, and Luke 9:57)

Go to centralnow.com/pray to let us know **who** you've been praying with and **where** you have been prayerwalking.

We would love to join with you as you pray, share a picture or video on social media and use **#p41onthemove** to connect with others. You can also engage with the **PRAY FOR ONE** Facebook group with pictures and comments.