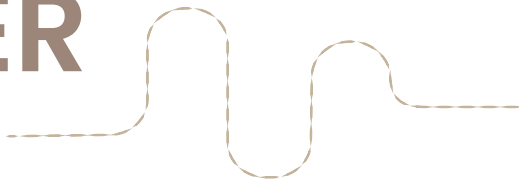


PRAYER WALK



VISION

God loves our city and wants it to thrive in peace and justice. A deeper relationship with God involves embracing and loving the city as He does. Prayer is essential for accomplishing this. After all, true witnessing and true discipleship cannot happen without fervent prayer.

So, during this season of Lent, we are going to pray together not only for ourselves, but for our city and those who live here. Through prayer, we will grieve the things God grieves and rejoicing in what is good.

WHY WALK?

When we walk, we can get to know better the places where we live, work, and play. As we walk familiar routes, we hope to get to know these places better by paying attention to them and praying that the Lord would grow our hearts for them. Walking is also good for our bodies and great for mental health, which puts us in a good place for reflection and prayer.



FIRST
BAPTIST CHURCH

GUIDE

When? Pick a time that works for you during the week

For how long? Around 20 minutes

How often? Once a week or more often if you want

Who? On your own or with a friend or two

Where? A few blocks/streets near where you live or work

HOW TO USE THE PRAYER MAPS

Pick up a prayer map at church or download from our website: firstbc.org/prayerwalk.

Each map will include five moments:

- **Verse for reflection**
- **Lenten prayer** to prepare you for the walk
- **Pay attention:** some question to reflect on as you walk
- **Respond in prayer:** a prompt to pray about something you've noticed
- **Take note:** a space to write down anything you feel the Lord has shown you



Sometimes, prayer may come easily, and sometimes you might not know what to say. Don't worry! **The Spirit intercedes for us (Rom 8:26)**. Whether you go on a prayer walk by yourself or with someone else, remember that you are doing this as a part of our community.

GROW OUR HEARTS

VERSE FOR REFLECTION

As you set out, reflect on God's knowledge of who you are and His capacity to transform you.

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*

Psalm 139:23-24

LENTEN PRAYER

Almighty God, cleanse my heart from those things that are offensive to You.

PAY ATTENTION

What are you thinking about as you prepare to walk?
Is there something in your life you want to bring before the Lord during this season of Lent?

RESPOND IN PRAYER

Thank You God for seeing me fully and for transforming me.

TAKE NOTE

of the thing you want to bring before the Lord.

HEARTS FOR OUR NEIGHBOURS

VERSE FOR REFLECTION

As you set out, remember that each one of us
is created in the image of God.

*So God created mankind in his own image,
In the image of God he created them;
Male and female he created them.*

Genesis 1:27

LENTEN PRAYER

Almighty God, grant that the light of Jesus,
the incarnate Word, may He shine through our lives
as we learn to love our neighbours.

PAY ATTENTION

Who are the people who live, work, and play here?
Which specific people did you walk past?

RESPOND IN PRAYER

Lord help us to recognize your image
in the people we've encountered.

TAKE NOTE of the people the Lord helped you notice.

HEARTS FOR OUR NEIGHBOURS

VERSE FOR REFLECTION

As you set out, remember that God cares for those who are suffering or struggling.

*You, Lord, hear the desire of the afflicted;
you encourage them, and you listen to their cry,
defending the fatherless and the oppressed,
so that mere earthly mortals will never again strike terror.*

Psalm 10:17-18

LENTEN PRAYER

Lord Jesus Christ, You have walked where we walk.
In our weakness, grow our compassion towards our neighbours.
We praise You, blessed be Your name. Amen.

PAY ATTENTION

What are the needs of those living in your community?
Can you identify areas of injustice?

RESPOND IN PRAYER

We pray for the needs we've seen in our communities.

TAKE NOTE of a need the Lord helped you notice.

HEARTS FOR GOD'S PEOPLE

VERSE FOR REFLECTION

As you set out, reflect on Jesus' desire that His people love one another.

*A new command I give you: Love one another.
As I have loved you, so you must love one another.
By this everyone will know that you are my disciples,
if you love one another. -John 13:34-35*

LENTEN PRAYER

Lord Jesus Christ, You have come to dwell in the midst of your people.
Be with us this day, within us to purify us; Above us to draw us up;
Beneath us to sustain us; Before us to lead us; Behind us to restrain us;
around us to protect us. - adapted from a prayer of St Patrick

PAY ATTENTION

Are there any churches on the route you are walking?
In what ways do your lives intersect with other Christians and
display that love that shows you are disciples of Jesus?

RESPOND IN PRAYER

Father we pray for the churches we have seen in
our neighbourhood and for our relationships within FBC.

TAKE NOTE

of the churches God has shown you in your neighbourhood.

HEARTS FOR THE CITY

VERSE FOR REFLECTION

As you set out, reflect on the way God spoke to Jonah about his attitude toward Nineveh. Are there ways God might want to challenge your attitude towards Vancouver?

But the Lord said, 'You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand for their left- and also many animals?' -Jonah 4:10-11

LENTEN PRAYER

Lord Jesus, we confess that we have been self-centered and not loved the things you love. Help us to grieve the things that break Your heart about this city. Thank You for loving us to the end.

PAY ATTENTION

Are there things that unsettle you or make you sad about your neighbourhood? Why do those things make you sad?

RESPOND IN PRAYER

Lord, we lament the brokenness we have seen around us.
We lament the brokenness with us.

TAKE NOTE of a lament you want to voice to the Lord.

HEARTS FOR THE CITY

VERSE FOR REFLECTION

As you set out, remember that God calls us to seek the good of the places we live.

Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.

Jeremiah 29:7

LENTEN PRAYER

Lord Jesus, May Your good news break out into our city,
Open doors so that You may enter in. Blessed be Your name!
Would we learn to love this city the way you do,
we might seek its good. Amen.

PAY ATTENTION

What strikes you as beautiful or interesting?
How can you flourish here?

RESPOND IN PRAYER

Lord, we thank You for the beauty we have seen today.
Teach me to flourish here.

TAKE NOTE of the beauty the Lord has show you.