

# PRAY FOR LANCASHIRE



## 60 Minute Prayer Walk Guide

Thank you for joining in with *Pray for Lancashire*. This prayer guide aims to support you during your prayer walk and is based on a resource developed by 24-7 Prayer.

Inspired by God's promise to Joshua, we can walk the victory of Jesus into every part of our neighbourhoods, towns, and wider region. In faith we walk, believing that as the soles of our feet hit the ground, we are appropriating the work of Jesus over the principalities and powers influencing the atmosphere and shaping the narratives of our locality. Prayer walking engages all our senses, rousing us to cry out to God, as we walk with defiant hope across our towns. While we walk in victory, and therefore pray in victory, let us remember the way that victory was won – sacrificial, self-emptying, love.

### Pause

Before you set off for your walk take a moment to be still, asking God to open your heart, eyes, and ears, to His will as you pray. As you prayer walk the area where you live, you may notice things not seen before or become aware of things which God stirs in your heart to pray for. So, whether you are on your own or prayer walking with a group, take a moment to be still first, inviting the Holy Spirit to lead you as you pray.

### W.A.L.K – 4 simple steps to prayer walking

#### W – WORSHIP

As you set off, begin by fixing your eyes on Jesus and worshipping Him. You may like to quietly pray, declaring the Lordship of Jesus, or you could use the rhythm of your steps to recite a simple phrase / bible verse such as: "KING OF KINGS AND LORD OF LORDS" (Revelation 19:16). Alternatively, you could hum a worship song or use a simple Psalm to help you praise.

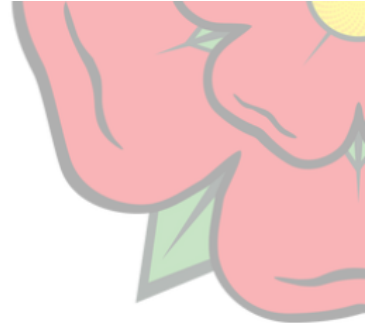
If you are prayer walking with others, offer praise and thanks to Jesus for who He is, declaring His Sovereignty and Lordship over the ground that you walk.

#### A – ASK

Flowing from your time of praise and worship, begin asking God for His Holy Spirit to fall on the place where you live and the area where you are walking. If you are prayer walking by a river / canal, look at the direction and flow of the water and use this as an image to ask for God's Holy Spirit to flow through your town and region, bringing light and life to everywhere it touches.

Think about the places that the river passes by as it flows through the town/region. Begin to pray for specific people, places, and communities that you know. This might include households, schools, businesses, community centres, and churches. Pray for God's Holy Spirit to fall in these people and places, bringing transformation and new life.

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## L - LISTEN

As you walk and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or prophetic words and pictures; listen for promises and literally walk these promises over your community.

If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts. You may find it helpful to pause your walk for a moment, to stand by a river, park, town centre or street, and simply listen. You could then share and pray together as a group for a short time, or journal what you feel God has been saying, before you then continue on your walk.

## K - KNOW YOUR LAND

Get (and keep) yourself informed around the area you are prayer-walking; research some of its history; some of its ongoing problems; so you can pray for breakthrough.

Do you or someone in your group know some of the current situations that require persevering prayer? If so, share these and begin to pray into them.

Are there particular graces that rest on the area? Celebrate these and ask God to make your area a blessing beyond its borders, just like our rivers are a source of life across all Lancashire.

## YIELD

As you come to the end of your prayer walk take a moment to yield (submit) all your prayers and petitions to Jesus, asking that His will would be done and that His kingdom would come across Lancashire. Maybe God has stirred something in your heart as you've prayed that you feel you would like to act upon - a commitment to continue a particular prayer, someone to connect with, or somewhere to help/volunteer... Use this time as an opportunity to say 'YES' to God, asking Him to help you in anything you now feel lead to do.

After a moment of reflection, you, or someone else (if in a group), may like to pray a closing prayer, thanking God for this time and submitting your region into His loving hands.

## FURTHER IDEAS

In 2 Kings 2: 19-21, we read about Elisha salting the water and declaring healing across the region...

*The people of the city said to Elisha, "Look, our lord, this town is well situated, as you can see, but the water is bad and the land is unproductive." "Bring me a new bowl," he said, "and put salt in it." So they brought it to him. Then he went out to the spring and threw the salt into it, saying, "This is what the Lord says: 'I have healed this water. Never again will it cause death or make the land unproductive.'" And the water has remained pure to this day, according to the word Elisha had spoken.*

As a prophetic act, you may like to pause if by a river / canal and 'salt the water', just like Elisha did. Throw some salt into the river and ask for God's healing across the region. As you do this, pray that God's holiness and blessing would flood through the region, just as the rivers flow across Lancashire, bringing new life, productivity, and goodness for His glory.