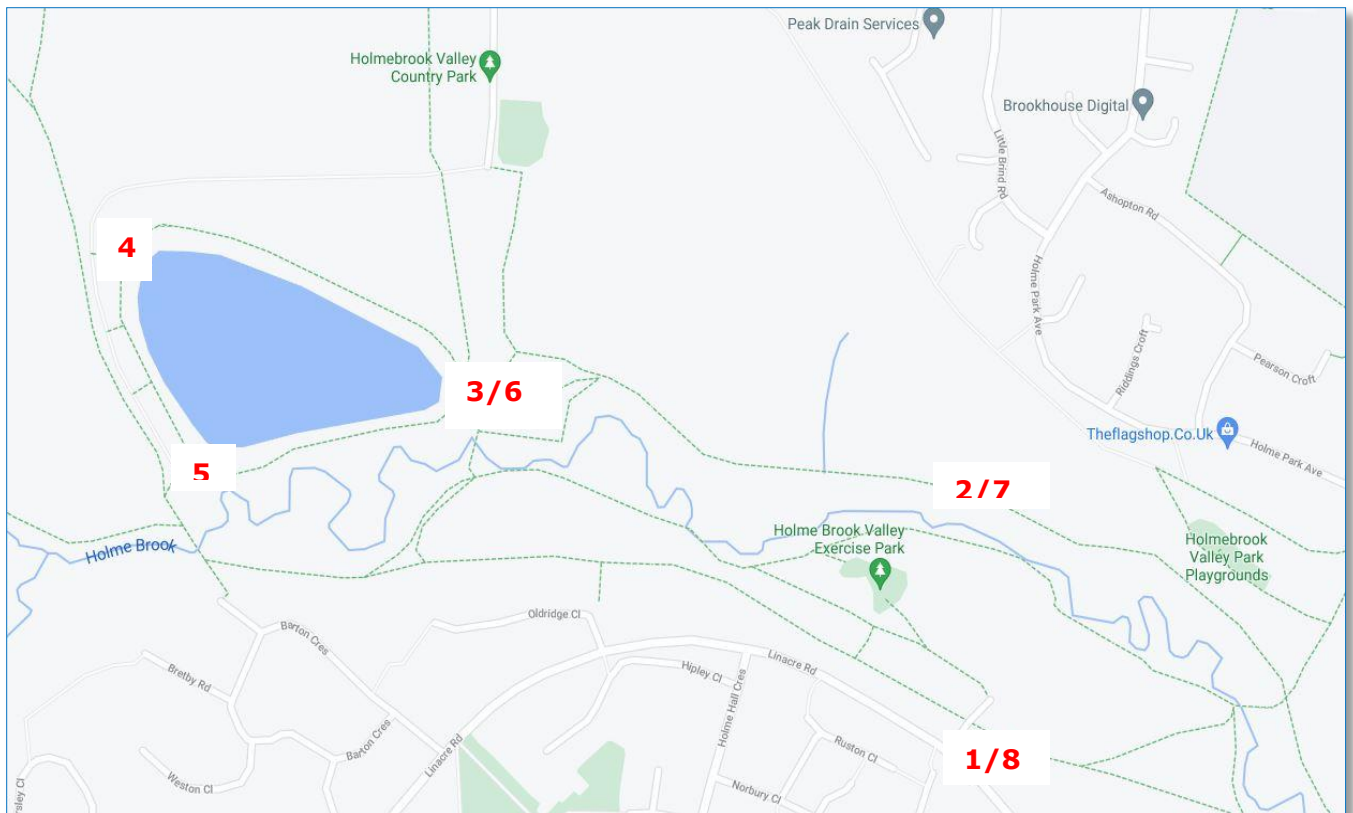




PRAYER WALK

Holme Brook Valley Park



What is a prayer walk?

It is simply a time to connect with God and the world around us in a physical way: we will walk slowly and mindfully, stopping for time to time to pray, either in silence or aloud. Prayer themes are suggested for each stopping point but you may have your own prayer intentions.

Can I do this without leaving my home?

Yes, certainly. You might like to trace the route with your finger and pray at each stopping point.

Is there a time when I can walk and pray with others?

Yes! A small group will meet in the Car Park at **2pm on Sunday 23rd May**.

You are welcome to join us – if you need more information please contact
Revd Sarah 0797 568 9403

Prayer Walk Route

1. **CAR PARK off Linacre Road.** *The walk begins and ends here.*

PRAY: for all those enjoying the park today

ending Thy kingdom come: thy will be done.

Walk: towards Holme Brook and over the bridge, then turn left and walk towards the lake.

2. **Stop at a bench** *somewhere alongside the path for a while.*

PRAY: for all those who are weary, and in need of rest

ending Thy kingdom come: thy will be done.

Walk: towards the lake

3. **The Lake- east side-** *where many paths join*

PRAY: for those who are searching for the right path through life

ending Thy kingdom come: thy will be done.

Walk: Turn right and walk past the swan's nest

4. **The Lake- northwest side,** *where there is an expanse of grass*

PRAY: for those who are unemployed or living in poverty

ending Thy kingdom come: thy will be done.

Walk: continue on the path

5. **Landing stage**

PRAY: for five friends, that they may come to know God's love

ending Thy kingdom come: thy will be done.

Walk along the south side of the lake

6. **The Lake- east side-** *we have come full circle*

PRAY: for local schools and community groups

ending Thy kingdom come: thy will be done.

Walk back towards the car park

7. **A Bench** – *pause again here*

PRAY: that we may work for the coming of God's kingdom

ending Thy kingdom come: thy will be done.

Walk back to your starting point.

8. **The Car Park**

PRAY: The Lord's Prayer before you depart.