

Praying for your locality

You may live in a large community, but you can pray for your bit of it, from just where you are.

Prayer Walking

You can pray as you walk around during your daily exercise. Mostly we pray with eyes shut, using our imaginations to bring people or problems to God. But imagination is all the better for information: our vision is sharpened, requests focused and prayers enriched. That's where prayer walking can help.

Armchair Prayer Walking

Or you can pray from your armchair. If you know your area well, perhaps you can imagine your way round it, alone or together with others. If you have photos or pictures of local places or people, or even a map, these may help focus your thoughts.

In the following pages are some suggestions which may help start you off. Let the Spirit lead your thoughts. Do just a bit at a time, as you feel led.



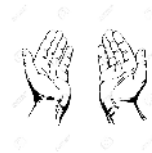
Pray with the insights your own circumstances give you.

Start with yourself, and ask God to guide your thoughts...

*Lord, who shall I pray for, and how –
this morning, this afternoon, or this evening,
as I walk around or sit at home?*

Please bless all those I bring before you, through Jesus.

Amen.



Look through these suggestions, and choose one or two to focus on, make lists if it helps.

- ✦ Thank God for all the nice things that have happened to you.
- ✦ And ask him for strength to accept the rest.

- ✦ Tell God about all your hopes...
- ✦ And your fears...

- ✦ Ask blessings on those who come in to help you...
- ✦ And on those you wish would visit you more.
- ✦ Think of those who make deliveries to your house.

- ✦ Pray for your neighbours who live around you – those you know the names of, and those you don't.
- ✦ Ask God to be with all those you see from your window, passing along the road, on foot or in vehicles.

- ✦ As you pray for these people, think about what they do...
- ✦ And about how they may be affected by what's in the news...

- ✦ Bring to the Lord those you know who are sick, or in trouble.
- ✦ Ask for their wellbeing, and strength to endure their trials.

- ✦ Share with the Lord your longings for your area.
- ✦ What might improve it as a place to live; and its community spirit?

- ✦ Ask God for his protection of your area, from all harmful influences.
- ✦ Ask for the Lord's wisdom for your Councillors:
 - for all the decisions they take,
 - and how they spend money.

Now here are some more suggestions, which may suit those more familiar with praying.
To begin with, choose just a few words that catch your eye.

Roads through your area:

Drivers and bikers; hold-ups; parking; safety;
pedestrians and pavements; street lighting
Mobility scooters and wheelchairs; kerbs; crossings
Public transport: availability, frequency, punctuality

Those in the houses these roads serve:

Families and homes; neighbours, hedges, fences;
privacy, isolation
Love, care and friendships; friction; forbearance;
plans, promises and hopes; hurts; forgiveness
Child care, nurseries, special needs; housebound;
daycare; homes
Education, teachers, role models; learning and
wisdom; libraries

Those who are sick, and their carers:

People you know who are ill or disabled
Medical professionals and the services they run;
pharmacists
Counsellors and therapists; the gift of listening

Darker elements that often lurk:

Abuse (of any kind); victims and perpetrators
Homeless; drunkards; druggies; prostitutes;
Thieves; con-men and cowboys; bullies and victims;
illegal immigrants and modern slavery
Policing and emergency services; wardens; courts;
prisons; rehab

Local amenities, and those who keep them:

Parks; gardens; play areas; open areas; trees and
grass; dog walking
Leisure facilities and social activities, for all ages
Noise and pollution; litter; bins and recycling
Planners; Councillors; Council officers

Shopping and working, locally or farther afield:

Shops and supermarkets; eateries and pubs
Hairdressers and beauticians; pet care; pampering
Offices and businesses; mills and factories; new
opportunities

Property renting and ownership:

Lawyers; architects; accountants; advisors; banks
Estate agents; sales; lettings; property management
Cleaning and garden services; removals and storage

The aims and ambitions of those in work:

Employment and self-employment; working from home
Teamwork and cooperation; responsibilities and obligations
Money; relationships; competition; management; promotion
Computers and automation; mobile phones; the problems of being always-in-touch

The hopes and fears of those seeking work:

Unemployed and underemployed; voluntary work
Debt, poverty, and distress; benefits, allowances and regulations
Job applications; interviews; rejection; sense of failure; guidance
Education and qualifications; training; self-worth; encouragement

Pray that Churches may fulfil their proper role in your community:

- ✦ Presenting the good news of Jesus in words and faithful living
- ✦ Providing caring and safe Christian fellowship for all
- ✦ Reaching out and serving, especially those who are vulnerable
- ✦ Pray for any work for the Lord you know of personally in your area

Note:

If you would like others to pray for you, you can contact the Bradford North Circuit group of intercessors at: prayer@bradfordnorth.org.uk

Or if you would like to become a Circuit intercessor yourself, you can contact the organiser through the same address.