

PRAYER GUIDE AT HOME



Prayer Weeks are a way for us to join together as a family and commit to praying for a whole week. This prayer week we're going to do **SEVEN DAYS** of 24-hour prayer including a **PRAYER WALK WEEKEND** where we'll encourage everyone to take their prayers out of their houses and around the city! You can book an in person slot in our prayer room [here](#) or if you'd prefer to pray at home, you can use this guide to help you get started

You can pray on your own, pray with those in your house, involve your kids or pray remotely or in person with your community. During your hour you can walk as you pray, you can run, write, draw, paint, cook, bake, sing, be quiet, there are so many ways that God wants to meet you in this hour of prayer. Below are some ideas to get you started, or you can check out our prayer resources [here](#).

Sign up for a slot [HERE](#).

MONDAY 25TH – SUNDAY 31ST

24 HOUR PRAYER

VIRTUAL PRAYER WALL

Normally in our prayer room you can write up things to encourage others on the walls! We've created a 'virtual prayer wall' for you to use [here](#)! Let's encourage one another with what God has been doing!

BREATH PRAYER

As we breathe in and out, we can pray, inhaling God's words and exhaling his truth. Take time to slow down and relax. You can make up your own words, asking God what you need to hear just now or use some scripture as inspiration. Here are three you can use as you breathe and pray:

In: God be with me today

Out: For I need you

In: God I need you

Out: In every moment

In: God you are mighty

Out: In all your ways

PRAY FOR OTHERS

As we grow in our love for Jesus, we want others to grow in their love of him as well. Take time to think of someone you know – family member, friend, someone in our church – pray that they will grow in their love for Jesus, maybe even write your prayer out and send it to them!

PSALM WRITING

Some of the most real and raw prayers of lament and praise are found in the book of Psalms in the Bible. Why not read some as you pray? Or, you could even try writing your own! Here's a guide to help you have a go at writing your own psalm.

1. What is my experience and what am I feeling now?
2. What do I know to be true about myself?
3. What do I want God to do?
4. What do I need to do?
5. What do I know to be true about God?
6. What does He do?
7. What is my response?

LISTEN TO GOD

One way we can learn to listen to God is to use a visual prompt. To do this, find a piece of visual artwork that sticks out to you, a picture online or from a book, a photo, maybe something you saw on a walk!

Stop, pause there and ask God what he wants to show you. This may be new to you, so here are some questions that can help you engage while looking at a piece of art:

1. Ask God what he might want to reveal to you through this piece
2. Is there something of the story of this picture that is relevant for me now?
3. Think about the shape, form, colours that you see - do they symbolise something?
4. Whatever you felt God say, either for you or for someone else, write it down and thank God



SATURDAY 30TH – SUNDAY 31ST PRAYER WALK WEEKEND!



We love this city and we know that Jesus does too and so we want to be his hands and feet here! Prayer Walking is one of the best ways to practice praying for the place where you live and it's not as scary as it sounds! This weekend of our prayer week we would love you to arrange a prayer walk! Get some of your community together, grab a friend, your kids, your flatmate and take a walk around Edinburgh, praying as you go! Check out some thoughts on prayer walking from 24-7 Prayer [here](#). Below is a guide on how to do it!

HOW TO PRAYER WALK

This uses **WALK** as an acronym, and contains 4 simple steps:

- W** **WORSHIP.** As you set off walking begin with your eyes on Jesus. Say the name of Jesus; recite a Psalm; hum a worship song; speak quietly in tongues – basically anything that helps declare the Lordship of Jesus over the streets you walk on.
- A** **ASK.** Flowing from your worship begin petitioning God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and other churches you walk past. Begin to get specific and pray for people and situations, the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.
- L** **LISTEN.** As you worship 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 all 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.
- 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. Get to know some of the current situations that require persevering prayer and also celebrate the particular graces that rest on the area, asking God to make your area a blessing beyond its borders.

