



# Know Your Church, Know Your Neighbourhood

**TOGETHER  
NEWCASTLE**  
A PARTNERSHIP BETWEEN THE  
DIOCESE OF NEWCASTLE AND CDF



## Appendix 2: Reflective prayer walking guidance notes

*By going out and walking the streets in which we live, we can become more aware of the people and the issues that surround us. Prayer walking is about purposefully walking, looking, listening and taking in our surroundings. We use all our senses to really notice and allow our surroundings to speak to us. As you do this and, in our own way, bring the people and places to God in prayer, thanking God for all that your neighbourhood has to offer, and asking Him for continued blessing and healing.*

### Guidance for Reflective Prayer Walking

- Keep it simple! There is no set pattern or formula.
- You can go alone but you might want to go out in twos and threes.
- After your walk, make some notes, come back and share with others what you have discovered.

### Before

- Choose an area that you feel comfortable walking around and plan your route.
- Prepare yourselves before you go out so that you feel comfortable with each other; share your hopes and anxieties.
- Pray together before you go out and ask God to guide you.
- Ask to see the area with God's eyes, that you might sense what is good and pleasing in His sight as well as what things grieve Him deeply.
- Look through the **Community Observation Guide** before you begin the Prayer Walk so that you are familiar with the sorts of things it encourages you to look out for.

### During

- Take some time to feel comfortable and do not take risks!
- Take the **Community Observation Guide** with you and refer to it from time to time.
- You can decide to pray silently as you walk or you might like to pray out loud with your colleagues in which case you might like to look as if you are having a conversation together.
  - Pray for families, schools, churches, farms, GP surgeries, police and hospitals - whatever you find in your area.
  - Linger at specific sites which seem to be key.
  - Pray for the people you see. Smile, be friendly.
  - Pray about any local issues you know about.
  - Give thanks for the people and places you walk amongst.
  - Pray for people responsible in any position of authority – for teachers, police, local politicians and parents.
  - Pray for church leaders and congregations in other churches that you pass.
  - Pray for God's blessing on the houses you walk past.

### After

Share with others what you have experienced and prayed. Share your insights. It will encourage others as well as yourself. Think about going at different times and in different weathers to reflect on how the area changes.