**‘Active’ prayer**

**Prayer walking**

Prayer walking simply involves walking around your community (either alone or in a group), praying for the places and people you see around you. You may plan to stop at specific locations, or you may just walk and see where the Spirit leads – either way, it's an exciting and engaging way to pray.

<https://www.navigators.org/wp-content/uploads/2020/08/Prayer-Walk_Tool.pdf>

*What Do You Need To Do A Prayer Walk?*

A prayer walk is super simple all you need is you, and maybe a pair of shoes. But some other things you may want to bring along include:

* Verses to pray
* A prayer journal to write down anything God lays on your heart or answers to prayer
* A prayer request list with specific needs
* Something to listen to worship music on
* Something to drink

*How Do You Pray?*

Maybe you really want to give this prayer walk thing a try but you just aren’t confident in praying or you feel like you don’t know how to pray. Can I share something with you? You don’t need to be an expert at prayer, I think some of the most powerful prayers come out of a broken soul where all you can whisper is Jesus. Speak from your heart, it doesn’t need to be eloquent. You don’t need to know fancy words, just come to your father, approach the throne, and pour out your heart.

* Start with thanksgiving, thank Him for what He has done and is doing.
* Affirm God’s word, by praying verses.
* Bring your needs and prayer requests to Him.
* Remember this isn’t just a laundry list of needs or a rigid tradition- it’s a conversation. No need is too big or too small or insignificant.

*Pray for:*

* Provision.
* Health.
* Safety.
* Guidance.
* Protection.
* For the raising of their children and or grandchildren.
* If they don’t know Him that they will come to know Him.
* For guidance.
* Pick a verse to pray over your neighbourhood as you walk.

(<https://rosevinecottagegirls.com/how-to-start-a-prayer-walk/>)

**Labyrinths**

Using a labyrinth involves moving one's body and opening one's heart to Jesus. All you have to do is follow the path and you will find the centre. ... Another simple way to pray the labyrinth is to pray for others on the way, enjoy God's presence in the centre, and pray for yourself as you move back towards the threshold.

A picture containing text, grate

Description automatically generated

<https://www.sheffield.anglican.org/UserFiles/File/PST/Finger-Labyrinth-and-Prayer-Guide-Leaflet.pdf>

**Prayer as part of outdoor events (forest church)**

“this a fresh, invigorating and even exhilarating way to spend time with themselves and their Creator.”

*Principles for taking church activities outdoors*

* Leave the space as you found it.
* Keep it manageable.  Think carefully about the group size that you can manage safely. The current COVID guidance will help you work out the maximum group size, but you should also think about what will work well with worship. You should not be shouting, so amplification may be needed to communicate effectively outside while practising physical distancing. The context is important too – you need to think about road noise, neighbours and other users of the outdoor space, such as those tending graves for example.
* Be in the space, don't try and make it like 'normal' church. It isn't. Attentiveness to place is fundamental to outdoor worship.
* Allow the place itself and the Holy Spirit to lead you. Encourage people to relax and be themselves.
* If you are leading a trail around the churchyard, whether to look at memorials or nature (or both), remember to tread lightly and to help maintain physical distancing. You can point things out without handling them.
* You are visiting other species’ homes, so treat it with respect.
* Be mindful this may be an active place of commemoration.
* Use silences far more. Listen and watch for the presence of God in the world around you.
* Go with the seasons of nature. The church seasons are, in some senses, linked.
* Meet in the round, suitably spaced, or go for meditative walks. If you just sit in rows and do 'normal' church outside you'll be missing a great opportunity and people will be disappointed because it'll be neither one thing nor another.
* Be sure that we are not taking from nature without giving back.
* There's no such thing as the wrong weather, only the wrong clothes!
* <https://cafod.org.uk/content/download/23514/164566/version/5/file/Creation%20prayer%20stations.pdf>
* <https://paracletepress.com/collections/active-prayer>
* <https://www.churchofengland.org/resources/churchcare/advice-and-guidance-church-buildings/outdoor-worship>
* <https://www.gloucester.anglican.org/wp-content/uploads/2017/01/Forest-Church-booklet.pdf>