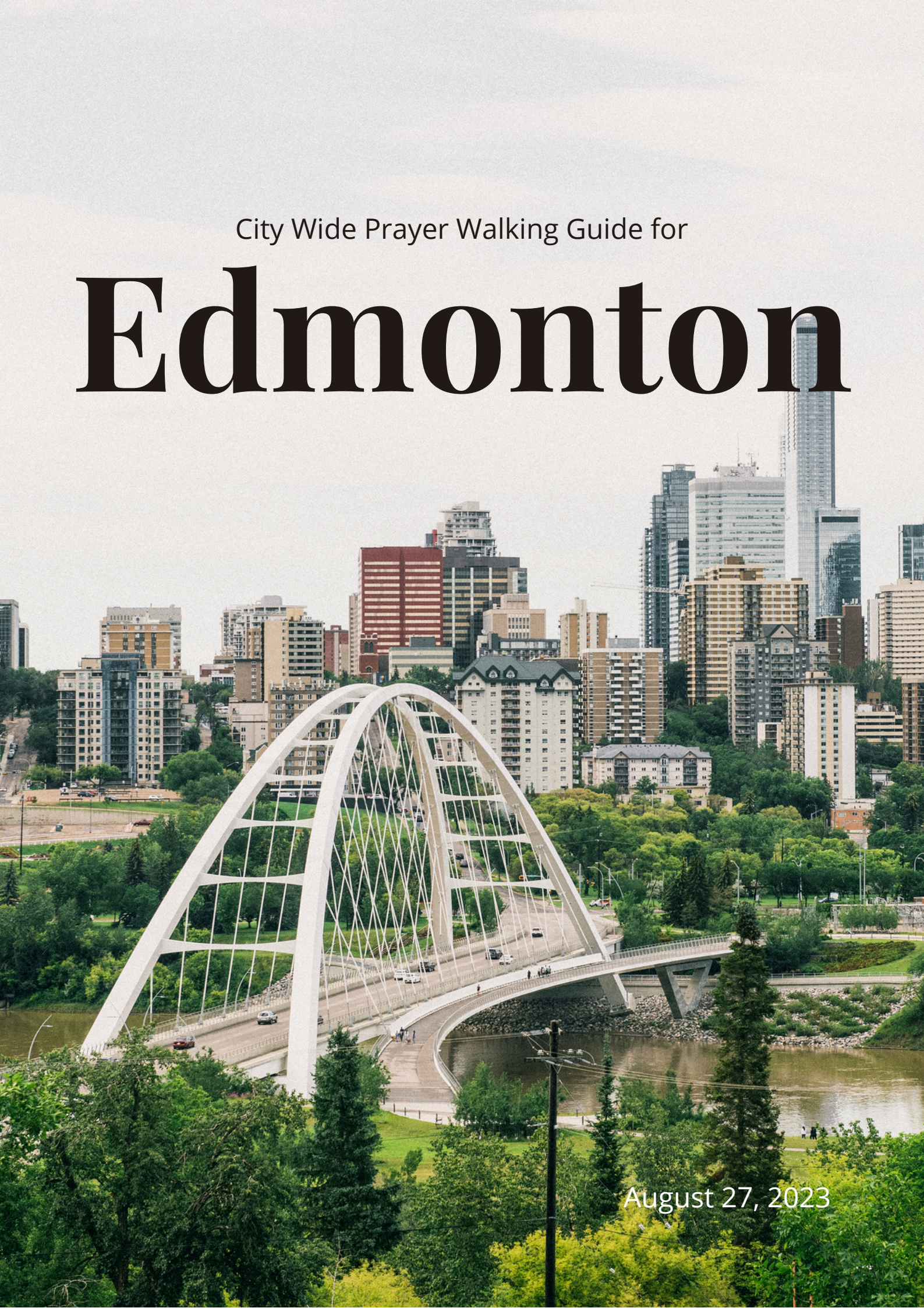


City Wide Prayer Walking Guide for

Edmonton



August 27, 2023

City Wide Prayer Walking Guide

Welcome

Prayer is something all believers can and should do.

Let's pray together.

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." (ESV, 2 Chronicles 7:14)

Whether it's public safety, delayed capital projects, homelessness, or church health in our city, God's Word is clear that when His people unite to pray in humility and repentance, he will hear them and restore their land.

Our desire is to see the congregations in Edmonton come together as one Church united in prayer, worship, and communion to seek the Lord and bless our city.

This walking guide is produced by Supper Club and adapted with permission from Soul Play, consider making a "thank you" donation at soulplay.ca/donate



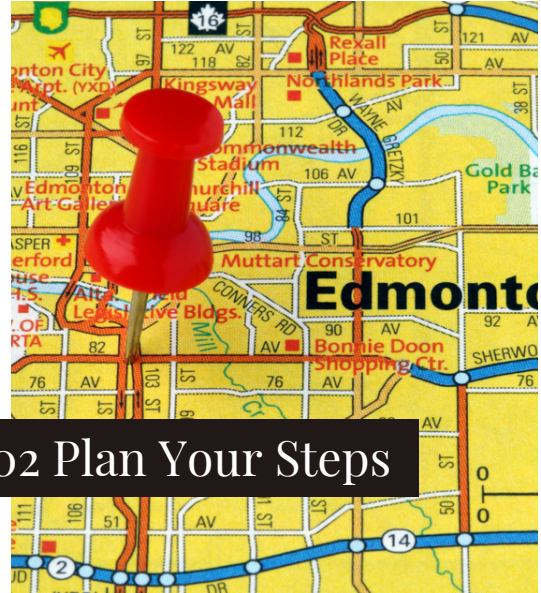
Getting Started

01 Get Your Gear



Dress accordingly. Get your shoes on and don't forget your water! Plan to pick up garbage on the way. Pack a bag

02 Plan Your Steps



How long do you have to walk? Aim for at least thirty minutes... or the whole day! You can walk anywhere you feel comfortable.

03 Read Ahead



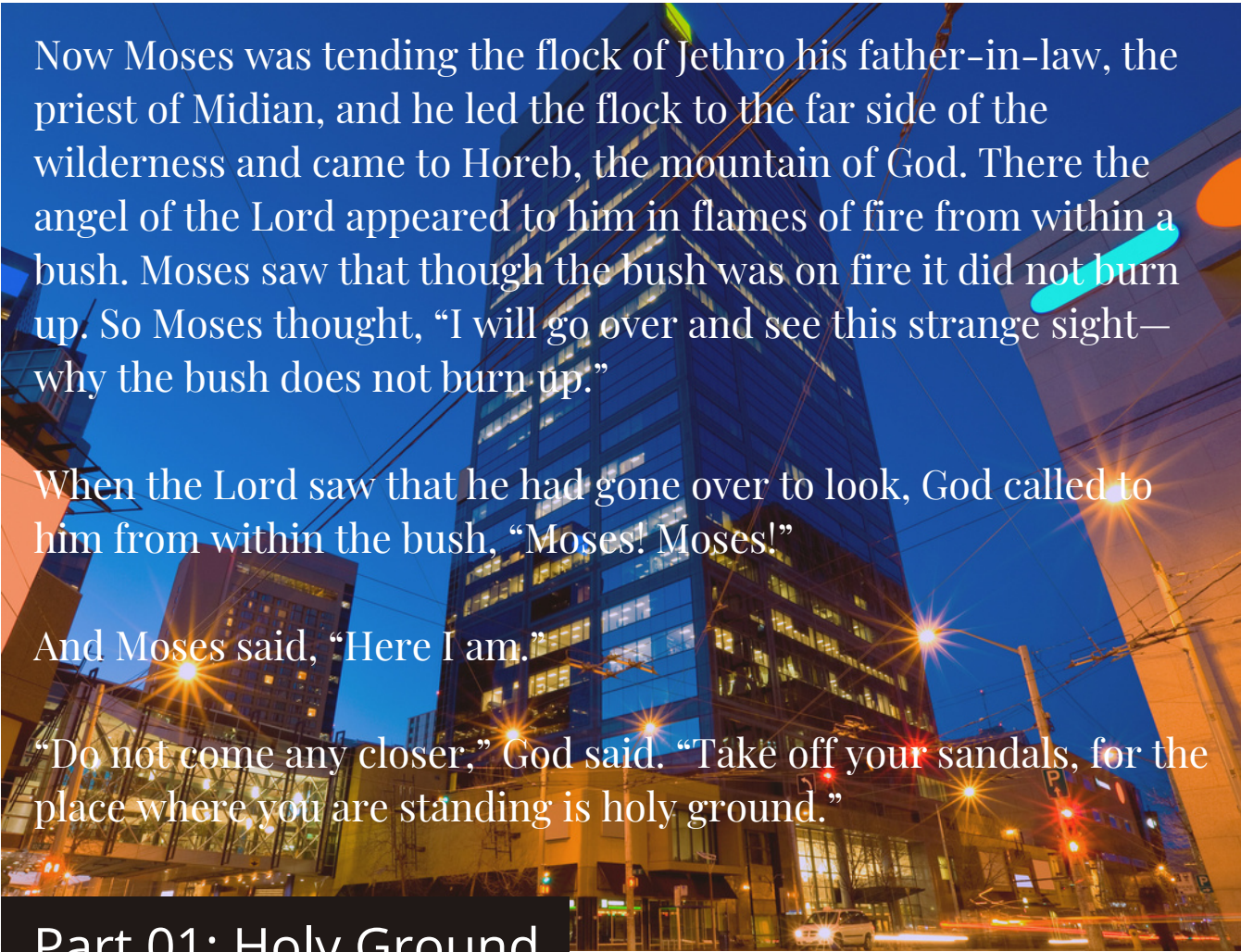
Read the short, simple instructions before you begin walking. Feel free to print them out to carry with you, or have them stored on your smartphone for quick reference.

04 Start Walking



Consider turning off your device while you walk, and only turn it on if needed. Creating as much of a tech-free, uninterrupted space is best.

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Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!”

And Moses said, “Here I am.”

“Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.”

Part 01: Holy Ground

To "see" means to look at, inspect, perceive, or consider.

Our lives are typically full of expectations, responsibilities, and obligations. While one might slow down just enough to notice something, it requires a more concentrated effort to slow down, stop, and "see" what surrounds us.

When we stop and take notice of our surroundings, we'll notice the best portals we have to the present moment and Presence (of God).

Instructions:

Regardless of where or how you walk, take

at least 15 minutes to focus on your surroundings. What are you seeing, listening to, smelling, and feeling around you.

Your mind will wander, and as thoughts arise, gently let them go and return your attention to your sensory experience.

As you're walking, ask the Holy Spirit to reveal "strange sights" to you. When you come across one, slow down, stop, and ask God to reveal to you His presence where you are.

Notice how each sense has gifted you with reality and grounds you in the moment. Consider for a moment where you are and what it means for you to be in God's presence there.

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Part 02: Crossroads

13 Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 but they were kept from recognizing him...

28 As they approached the village to which they were going, Jesus continued on as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognized him, and he disappeared from their sight.

Take time to read this quote from Luke 24. Read it slowly three times and notice which word(s) or phrase jumps out at you? As you read it, what resonates in your own life? How do you feel; what emotions are arising? What life concern(s) do you have right now that you don't have the answer too, and aren't sure if, or when, you will? How is this affecting your walk with Jesus?

Instructions:

Find a small rock or stick and hold it in your hand as you walk. This rock represents the concern(s) that you're carrying in your life. The invitation is to pay attention to how it feels to carry it and to bring your concern forward as a way to process it more intentionally.

For the next 10-15 minutes, be on the

lookout for a "fork" in the road. Once appropriate, take time to ask yourself these questions:

- How does it feel to carry a concern that I don't have a solution to?
- What affect has the path I've been walking had on my ability to carry my concern?
- In my life, has carrying this concern helped or hindered me from seeing Jesus?

Before continuing, consider what you are carrying and ask the Holy Spirit to:

- Reveal the presence of Jesus amid your concern(s);
- Invite you to carry (and hold on to) it or release (and place it down) well; and
- Lead you to continue the path or change directions (in an effort to see Jesus) .

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Part 03: Stirred

While Paul was waiting for them in Athens, he was deeply troubled by all the idols he saw everywhere in the city.



What stirs you?

In Athens, Acts records that Paul's spirit was "provoked within him as he saw that the city was full of idols" (ESV) or "stirred in him, when he saw the city wholly given to idolatry" (KJV).

Living, working, and playing in our city, what stirs, provokes, and/or deeply troubles you? As you've been walking through the city, what are the places of influence, the gathering places, and the relevant places? Do these places promote the presence of an eternal life-creating God or the pursuit of life-draining man-made creation?

To be stirred up is to be compelled to action. When people and places give themselves wholly to the pursuit of nothing, the spirit of God's people ought to stir within us.

Instructions:

Take as much time as you need for this last part and as you walk, be reminded that the

Spirit of God resides within the body of believers.

Knowing this, stand for a moment and look in all directions. Next, consider where does God's Spirit want to go?

Go in that direction, and begin to take note of the people and places you encounter. Take a moment to ponder their "idols" (be as specific as you can), and as you do, pray for more of God's presence and less of the idols influence. If you don't know how to pray, ask the Holy Spirit for the words, he will help you (Romans 8:26)

Pay attention to how God's Spirit is stirring your spirit. He might ask you to pray a blessing on a person, rededicate space, or something else entirely. How do you know the message is from him? It strengthens, encourages, comforts (1 Corinthians 14:3).

You'll know when it's time to head back.

Post-walk

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

At the end of your walk, grab a cool drink of something refreshing and find a place to get comfortable to reflect on your experience (on your own or with others).

Feel free to use these questions and activities as a way to guide you:

What was one gift I received on my walk?

What is one thing I learned and/or observed about myself?

What insight (regardless of how big or small) about my city, did I receive?

What is something I experienced through my senses that struck me with a sense of awe?

Am I being prompted to make a change in my life as a result of what has emerged from this walking experience?

What is one thing I want to pay attention to in my neighbourhood?

As I reflect on all these questions (or the thoughts and feelings I had on my walk), what is the one thing I'm being invited to hold onto?

