

A PRAYER WALKING GUIDE

This week, we want to encourage you to try prayer walking. You can find more information about prayer walking at 24-7prayer.com/prayerwalking.

Listed below are some focuses for your prayer walks this week. If you decide to prayer walk each day, we encourage you to use these focuses as a guide for your prayer walk. You may choose to focus on something or someone else – that's OK. If you decide to prayer walk one day this week (or only some days during the week), please feel free to use some of the focuses as a guide.

You can walk your neighborhood, the local park, a hiking trail, around your place of employment, etc. As you are walking, be on the look out for God's presence and send us pictures of where you see God on your walk. You can e-mail the pictures to us at prayer@roystonfirstumc.org.

A GUIDE FOR PRAYER WALKING

Monday: Focus on praying for those who are sick. Pray for healing, comfort, and peace. We also pray for the families who have lost loved ones to this illness.

Tuesday: Focus on praying for our healthcare workers in local hospitals. Pray for strength, peace, and renewed energy as they treat patients in a critical time.

Wednesday: Focus on praying for first responders and EMTs in our communities. Pray for guidance, patience, and protection as they care for those who are sick and keep us safe.

Thursday: Focus on praying for grocery store workers, truck drivers, and factory workers. Pray for continued health and strength as they provide for our well-being.

Friday: Focus on praying for teachers and educators. Pray for wisdom and guidance as they teach their students for the remainder of this year.

Saturday: Focus on praying for your neighbors. Pray for safety, health, and God's protection as we love our neighbors the way that Christ has loved us.

Sunday: Focus on praying for small businesses in our communities and local churches. Pray for guidance and comfort as many navigate difficult decisions in the midst of a changing economy. Pray for those in our churches who are struggling in faith and those who are searching for answers.