



in·ter·cede

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How to Prayer Walk

This week we'd like to challenge you to take **two prayer walks**: one as a whole church, and one in your own neighborhood. (If you struggle to walk, try a prayer drive, or ask someone to drive for you!)

If you've never done a prayer walk before, don't worry; it's very simple. Just **walk**, and **pray for the things you see**.

Pray for the **people you pass**, the **community as a whole**, and the **individual homes / businesses / churches**, etc. that you walk past. And just like when you pray at other times, you can **pray out loud** or **in your head**, you can **pray alone**, or **with others**.

If you think of a particular **Scripture** as you walk past a place, you could **read it out**. You **may want to stop** in a particular place and spend an extended time praying there rather than walking the whole time—it's really up to you.

Try to be good at '**noticing**'—observing what's going on, and **be willing to stop and have a conversation** or two with the people you pass if you feel prompted to do so—you never know what doors God might open up!

How to Pray for Gig Harbor

"Seek the welfare [shalom] of the city where I have sent you into exile, and pray to the Lord on its behalf." (Jeremiah 29:7)

We are called to intercede for our city and the surrounding area and ask God to bring shalom (welfare, peace, harmony, wholeness) to it.

This applies to all areas of our city and its surroundings:

- for **individuals** that God would bring His wholeness to their lives
- for **families** that God would bring peace and healing to relationships
- for **neighborhoods** that God would bring harmony between neighbors
- for **businesses** that God would bless them economically
- for **churches** that God would use them to heal the brokenhearted
- for **schools** that God would unite students and teachers in love
- for **nonprofits** that God would use them to enable human flourishing
- for **hospitals** that God would use them to bring physical healing
- for **police and fire fighters** that God would use them to bring restoration
- for **city officials** that God would bring unity between them