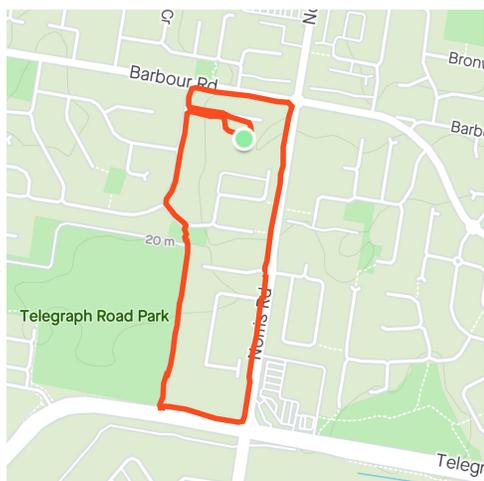


# PRAYER RUN ACTIVITY IDEAS

One of the great blessings of participating in a prayer run/walk is the opportunity to connect with others. By watching and listening, you can learn something about other peoples' lives, and then respond by praying for their needs. The activities below will help inspire your prayer time.



## Repeat Runs

If you're not a distance runner, break your run into intervals and go for quality over quantity. Choose a particular route that covers an area in your community you'd like to focus on. Maybe it will include your church/school/work building, or a 'bad' area of town.

Run and pray the same route daily or weekly and remember to keep watching and listening as you persevere in prayer. Maybe the habit will continue after you're finished your medal distance!

## Go Door to Door

Make a card/flyer giving basic information on kids or community events coming up at your corps. Knock on doors locally, both to meet residents and give them event details, but also to ask if they'd like prayer for anything. Make it a team effort, and join with other youth leaders in your corps to cover your area.

Alternatively, use your corps address book to pray outside the home of each person that attends your corps.



## Perimeter Relay Runs

If you live in a larger community, join up (online or in person, depending) with a group of friends to pray around your area. Measure out the perimeter, and split it into appropriate distances for each runner. Agree as a group on your completion timeframe and get started!

Keep each other up to date on possible community issues or prayer topics you come across, then connect to discuss and debrief once you've finished.



## Take the Flag

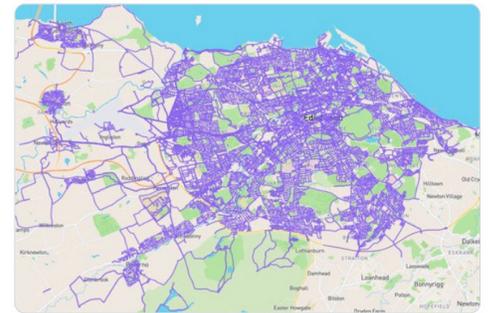
If you're an outgoing person, consider taking your corps flag or a full size cross along as you pray through your community. Curious onlookers will wonder what you're doing, giving you a chance to tell them about your corps events and offer them prayer.

## Every Street

During Covid, a man walked along every street in Edinburgh, Scotland. Select an area in your neighbourhood, and pray along every street in that area. Maybe you'll stop when you've completed your medal distance - or maybe you'll want to keep going!

Replying to @GarethWild

I walked every street in Edinburgh in lockdown. A friend just recommended your thread to me as my next challenge! You Sir are a hero. Lovely work.



7:27 PM · Apr 27, 2021

♡ 11.1K



## Prayer Reminder

As you go, you'll probably see other people out and about. Pick a characteristic as a reminder to pray. Maybe it will be the people who nod/wave as you pass. Maybe it will be someone wearing the same colour shirt as you. Maybe you'll pray each time you see a red car. Choose a reminder, then be observant and consistent!