



The following *Steps* provide helpful aids for you to use during your prayer walk. You are encouraged to walk in pairs and share the journey together. It may be helpful to walk to a new site for each of the *Steps*. I pray that your time of communion with God will be a blessing to you and will strengthen your walk with Him.

First Step: Preparation

"I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me." (Psalm 131:2)

Listening

As I begin to pray I am aware that I have far too much to say, and listen far too little.

Catch hold of me in this time of prayer, Lord. So much of what I say is simply a going through the motions,

"I have stilled and quieted my soul ..."
Psalm 131:2

a speedy repetition of phrases, but they leave me still wanting more.

Break into my wandering thoughts, Lord. Drive out the money changers from this temple of Your presence. Father, make me pure...holy, set apart for You.

Interrupt my fevered chatter, Father. Replace my empty noises with the fullness of Your silence. And in that silence let me hear Your simple word of truth that calls me into life...

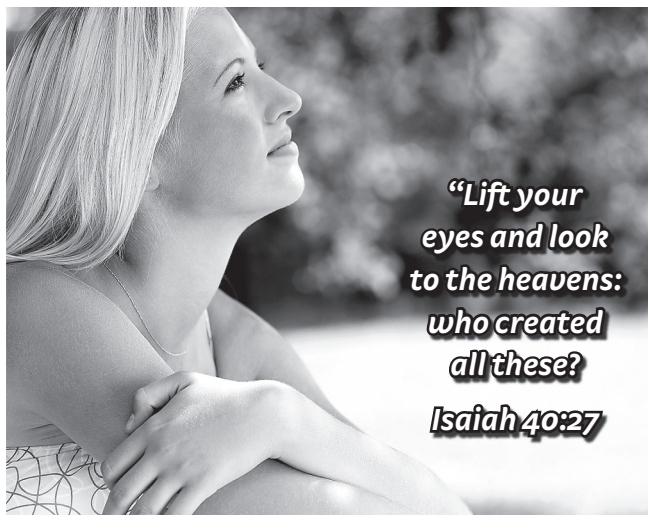
The truth that I am Yours, and not my own; the truth that Your faithfulness will never abandon me; that even in the most painful and desperate moments all of Your love, all of Your power is on my side, forever.

The truth that there is work for me to do, to share that love and

power, to make it a reality, not only in my life, but in the life of those around me, and especially those in need.

Let me hear, and know, and live Your truth, Lord; then send me forth to do Your holy will. In Jesus' name, Amen.

J. Barrie Shepherd, Diary of Private Prayer (Adapted)



Second Step: Adoration

“Lift your eyes and look to the heavens: who created all these? He who brings out the starry host one by one, and calls them each by name ... the Lord is the everlasting God, the Creator of the ends of the earth ...” (Isaiah 40:27-28)

Writing a “Prayer Blessing”

Write your own prayer of blessing:

- Start with the phrase “Blessed be the Lord”
- Think of a characteristic or action of God for which you want to give praise.

Blessed be the Lord ...

(Example: Blessed be the Lord, my ROCK.)

When the whole world around me is rushing You are my anchor. You keep me stable, steadfast and secure.)

Richard Peace Meditative Prayer: Encountering Gods Presence

Third Step: Confession

“In repentance and rest is your salvation, in quietness and trust is your strength...” (Isaiah 30:15b)

Consider the last few days and ask God to reveal areas where you need to ask forgiveness. Present those areas to Him now, seeking cleansing, healing, and renewal ... It may be helpful to write a word or phrase below that represents a key area that you are struggling with.

Lord, I need You!

*Lord, I need Your power.
Help me to claim it,*

*And not go in my own strength;
Seeking Your glory instead of my own.*

*Lord, I need Your grace.
Remind me of it, Lord, because I so often
forget;
And in forgetting I only see my failure
Instead of You, my Saviour.*

*Lord, I need Your Spirit
To guide my ways, to reveal to me Your
truth;
And show me, Lord, how I may glorify You
Instead of seeking my selfish gain.*

*Lord, I need Your forgiveness
Which You so freely give, moment by moment,
That my heart may be pure and clean;*

*Ready to do and be what You want
me to be.*

*Lord I need You
And I love You because You are a
God of power,
Of grace, of Spirit, and forgiveness*

R. Russell

Fourth Step: Intercession

*"I looked for a man among them
who would build up the wall and
stand before me in the gap on behalf
of the land..." (Ezekiel 22:30)*

Take some time now to share
prayer concerns and to pray for
each other ...

- Concerns about the future...
- Areas where there may be
struggles or obstacles to
overcome
- Family concerns
- Personal concerns

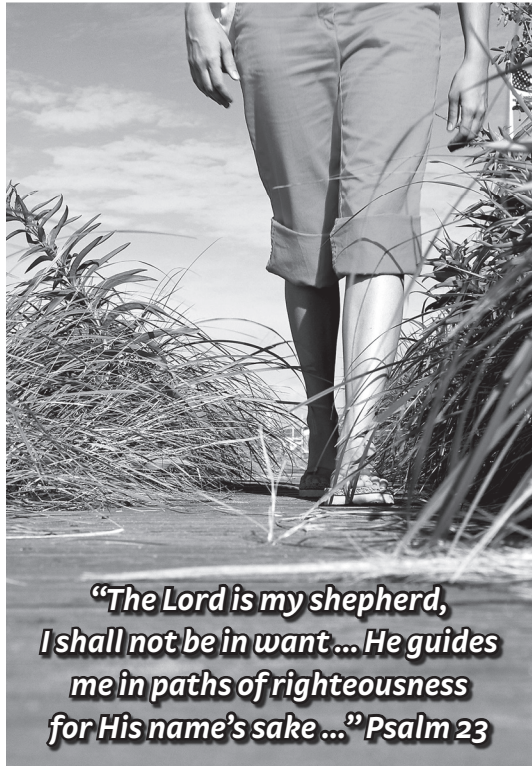
Psalm 23

*"The Lord is my shepherd, I shall not be
in want. He makes me lie down in green
pastures, He leads me beside quiet waters,
He restores my soul. He guides me in paths
of righteousness for His name's sake. Even
though I walk through the valley of the shadow
of death, I will fear no evil, for you are with
me; your rod and your staff, they comfort me.
You prepare a table before me in the presence
of my enemies. You anoint my head with oil;
my cup overflows. Surely goodness and love
will follow me all the days of my life, and I will
dwell in the house of the Lord forever."*

Fifth Step: Dedication

*"... a living sacrifice, holy, acceptable to God
... your reasonable service" (Romans 12:1)*

Discuss with your prayer partner obstacles that
may be preventing you from having a more



meaningful, consistent prayer life.

A Personal Covenant

*Blessed Saviour: I pace back and forth at the
altar of commitment. I really do want a fixed
habit of prayer. At least, that is what I want
at the moment. I'm not sure if that is what I
will want two weeks from now. I do know that
without some kind of consistent communion
with you I will not know holy obedience. So,
as best I can, I promise to set aside time
regularly for prayer, meditation and spiritual
reading. Strengthen me in this covenant. Help
me to delight in your presence that I will want
to come home to you often.*

*In your name and for your sake I make this
covenant. Amen.*

Richard Foster, Prayer: Finding The Heart's True Home