

# **'Prayer Walk' your home.**



*Many of us are sitting safe in our homes at the moment, but we can still prayer walk.*

*I invite you to have a go at prayer walking your home... First become aware that God walks with you eager to talk with you and share with you. Invite the Holy Spirit to guide you and help you as you pray. When you are ready start to walk around your home.*

- *Stop whenever something catches your eye.*
- *What are you reminded of? How are you feeling? Who comes to mind?*
- *Talk to God about it. Then listen.*
- *When you are ready start to walk again.*

*Walk into every room. Sit down in different places. Stand and look out of windows. Pick things up and hold them in the conversation with God. Open the cupboards and open your eyes and heart to what God will show you.*

*When you have walked around your home. Get a cuppa and sit with God chatting about what you saw, and all he has reminded you of.*