

# Armchair prayerwalk

*praying through your community from where you sit*

*This resource invites you to prayerfully “walk” through everyday places without ever having to leave your chair. Each picture overleaf represents part of our shared community, church, home, and life.*

## **1) Look at the grid of images**

Let your eyes move across each square.

Notice which image draws your attention.

## **2. Choose one place to “visit”**

*This may be where God nudges you, or simply the one you like most today.*

*There is no need to hurry.*

## **3. Pause and imagine yourself there**

*What might you see?*

*Who is present?*

*What might be needed in that place?*

## **4. Read the prayer beneath the picture**

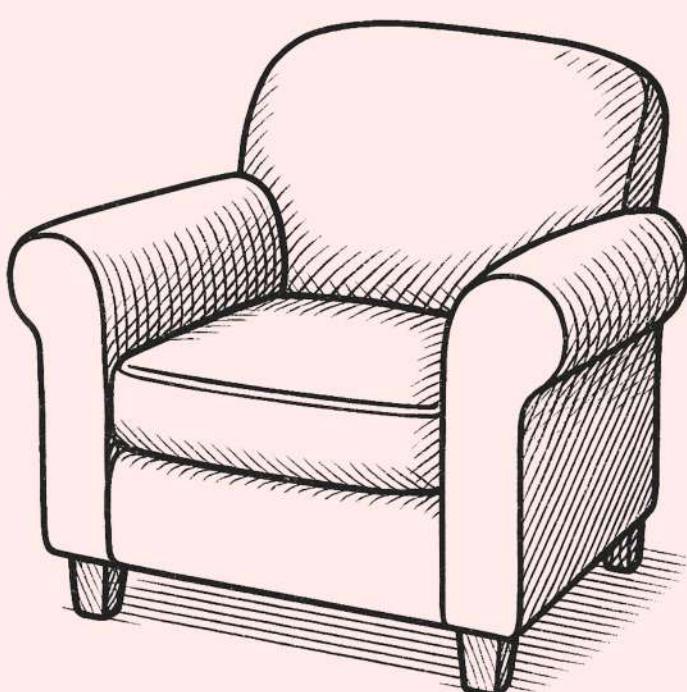
*Sit quietly with the words.*

*You may speak them aloud or inwardly.*

## **5. Turn your thoughts into your own prayer**

**You might want to pray for:**

- people who live or work there
- children, families, individuals
- needs, healing, hope or comfort
- opportunities to share God’s love
- thanksgiving for what is good



**“Lord, open our eyes to the life around us.**

**May we carry our community in love,  
and walk prayerfully even from our chairs.”**

## Welcome



*Lord, may all who enter find warmth, belonging, and peace*

## Grace



*Feed us again with hope, forgiveness, and love*

## Witness



*Guide us to share good news with our community.*

## Family



*Bless every household with shelter, kindness, and care*

## Daily Life



*Thank You for food, fellowship, and conversation*

## Growth



*Grow peace, healing, and joy in our hearts and homes.*

## Young People



*Protect and inspire children, staff, and families.*

## Community



*Bless local businesses and those who serve us daily.*

## Healing



*Strengthen the unwell, and all who care for others.*