

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

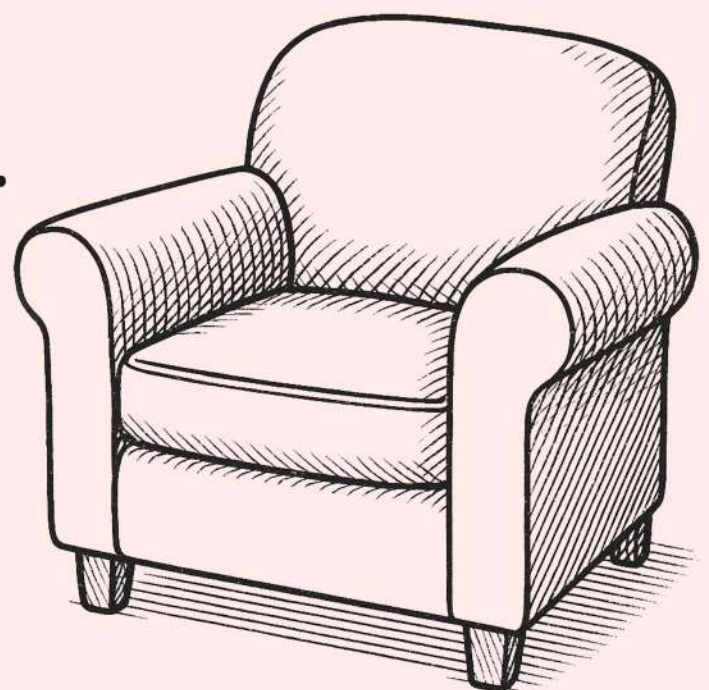
Sit quietly with the words.

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.