

Rest And Recreation Prayer Walk



Start & Finish:
The Sump Car Park
2.5 miles

Sump - Mill Hill Lane - Hawfield Lane - East/West Street - Church Hill Street
- High Bank Rd - Mervyn Road - Ashby Road - Newton Road - Sump

Before stepping out...

All O Lord, open our lips
and our mouth shall proclaim your praise.

All Send your Holy Spirit upon us,
and clothe us with power from on high. Alleluia.

Blessed are you, creator God,
to you be praise and glory for ever.
As your Spirit moved over the face of the waters
bringing light and life to your creation,
pour out your Spirit on us at this time
that we may walk as children of light
and by your grace reveal your presence.
Blessed be God, Father, Son and Holy Spirit.

All **Blessed be God for ever.**

Before we go home...

Almighty God,
your ascended Son has sent us into the world
to preach the good news of your kingdom:
inspire us with your Spirit
and fill our hearts with the fire of your love,
that all who hear your Word
may be drawn to you,
through Jesus Christ our Lord.

All **Amen.** *The Prayer for Thy Kingdom Come*

Being made one by the power of the Spirit,
let us pray with confidence as our Saviour has taught us
All **Our Father, who art in heaven ...**

May the Spirit kindle in us the fire of God's love.
All **Amen.**

Let us bless the Lord. Alleluia, alleluia.
All **Thanks be to God. Alleluia, alleluia.**

The Prayer for Thy Kingdom Come

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your ascended Son has sent us into the world
to preach the good news of your kingdom:
inspire us with your Spirit
and fill our hearts
with the fire of your love,
that all who hear your Word
may be drawn to you,
through Jesus Christ our Lord.

Other Prayers

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever.

Lord Christ, true light of the world,
shine, we pray, in the hearts of your people,
that we might see the Way that leads to eternal life,
and follow without stumbling;
for you are the Way, O Christ,
as you are the Truth and the Life.

Glory to God,
whose power, at work among us,
can do infinitely more
than we can ask or conceive;
to him be glory in the Church and in Christ Jesus,
for ever and ever.

Alleluia. Amen.

Ephesians 3.20-21

Rest and Recreation

Prayer Walking

The point of prayer walking isn't about being seen to pray; it's about seeing and praying. You can pray quietly with others or in silence if it makes you feel more comfortable. However, don't be afraid to pray out loud if you feel compelled to.

Luke 7:31-35 (NRSV)

'To what then will I compare the people of this generation, and what are they like? They are like children sitting in the market-place and calling to one another,

"We played the flute for you, and you did not dance; we wailed, and you did not weep."

For John the Baptist has come eating no bread and drinking no wine, and you say, "He has a demon"; the Son of Man has come eating and drinking, and you say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Nevertheless, wisdom is vindicated by all her children.'

Almighty God, your Son Jesus Christ met with all people in all places, we pray for those who find rest and refreshment in this place. Grant them your peace, so that as they travel to or from this place of refreshment, they may be safe in your love and care.
Amen.

A Pub Blessing

I would like to have the men of heaven in my own house:
With vats of good cheer laid out for them.

I would like to have the saints, whose fame is great.
I would like people from every corner of heaven.

I would like them to be cheerful in their drinking.
I would like to have Jesus too here amongst them.

I would like a great lake of beer for the King of Kings,
I would like to be watching heaven's family drinking it
through all eternity.

St Brigid

Generous God

Generous God, my the blessing of your presence be upon us at ordinary tables and holy tables.
And at our life's end, grant us the blessing of Your welcome table where we may sup and rest in your house forever.

Time

In the name of Jesus Christ, who was never in a hurry, we pray O god that you will slow us down, because we know we live too fast. With all eternity before us, help us to take time to live – time to know you, time to enjoy your blessings and time to know each other.

