



How about taking the challenge to walk and pray around all of the churches in the circuit during the 40 days of Lent either outdoors, round your garden or even round your sitting room!

In this challenge, which starts on Ash Wednesday 17th February and ends on Palm Sunday 28th March, you will have the opportunity to walk using the Lord's Prayer as an aid to prayer for our circuit and the churches, congregations and communities held within its area.

Each of the 40 arrows on the map can represent the distance you will be comfortable walking e.g. 1mile, 5 miles or twice around the garden or any distance between and beyond. The distance represented by each arrow is designed to stay constant so set it with care!

The Lord's Prayer gives us the opportunity to 'prayer walk' with intent. It may form part or all of your walk out but imagine the effect on our circuit of 40 days of prayer by loads of people!!

The Lord's Prayer helps us to focus on different areas of our life individually and together. You may want to take one phrase each day or several or you may want to use all of the prayer.

The resource sheets give some suggestions which may be useful: find the one which works best for you or use your own idea.

We have produced some resources which we hope will prove helpful:

- a schematic map of the circuit and each of the church communities, drawn to be used as a guide and record of your achievement.
- a schematic map of the circuit showing the church communities in the new pastoral groupings, the ministers along with a list of the many and varied roles which people have in our church communities. If you can think of any others then please add them to the list.
- a sheet of suggestions and ideas of different ways to use the Lord's Prayer daily
- a reflection on the Lord's Prayer

If you want any further information then please contact

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May God bless you and all of us setting out on this 40 day Prayer Walk Challenge.