

## A Prayer Walk of Your Home



(This program can be used at anytime but may be particularly beneficial when used as an opportunity for all women to participate in the current, annual Atlantic Baptist Women's walkathon. Information on the walkathon project and the ministry it supports can be found in Tidings or ABW website.)

**Preparation:** Assign the various Scripture passages to group members to read when called upon. Have Scripture references written out or ensure readers have a Bible: Revelation 3:20, Matthew 4:4, 1 John 1:8-9, Acts 2:46-47, 1 Corinthians 10:23 & 31, Psalm 4:8.

**Earlier in the meeting:** Discuss contributing to the walkathon, perhaps during the offering. Someone from your group or area may bring the group's contribution to the walkathon table at interMISSION or it can be sent to your ABW Provincial Treasurer, marked "Walkathon".

**Program:** Today we are going take a prayer walk of our homes. Our homes are places of warmth and comfort. Each room has a different purpose. As we go through this prayer walk, I want to invite you to picture in your minds the rooms in your particular home. There will be a silent time of prayer before moving on to the next room.

We will start at the **front door**. In Revelation 3:20, Jesus says...*(have Rev. 3:20 read)*. Think of the people who knock on your door: those delivering packages or mail, neighbours and friends coming to visit, children selling items for their school's fundraiser, strangers in need of help, and many others. As we bow our heads in silent prayer, picture Jesus knocking on your door, waiting for you to open it. Welcome him in. Pray for the many people who knock on your door and ask God to help you always extend a welcoming heart to others. *(pause for a time of silent prayer, then say "Amen")*

The **kitchen** is the place where we prepare our meals and special treats. Chopping, stirring, cooking and baking are all part of the process, turning ingredients into deliciousness that strengthens and nourishes our bodies. But what about our souls? What feeds our souls? When tempted by Satan in the wilderness, Jesus replied...*(have Matt.4:4 read)*. Pray and ask God to help you to not just read the Bible, but to feed on his Word daily and to linger over it. Ask that you be filled with his goodness which fuels all the good works he has planned for you. *(pause for a time of silent prayer, then say "Amen")*

Before preparing or eating food, it is always a good idea to wash your hands in the **bathroom**. I am thankful for running water and plenty of soap that enables me to easily remove germs and dirt. How about you? Christ's sacrifice on the cross has paid the price for our sins so that we might be cleansed. We must recognize and admit our sinfulness, then confess our shortcomings and failures before the Lord. 1 John 1:8-9 says...*(have 1 John 1:8-9 read)*. Pray and ask God to reveal to you any area of your life that needs cleansing. Then confess it to the Lord, asking for his forgiveness and for his strength to resist temptation to sin in the future. *(pause for a time of silent prayer, then say "Amen")*

The **dining room** is a place of fellowship where we eat together and have conversation around the table. Whether the table is set with fine linens, silver and stemware or plastic cups, paper plates and folded paper towels, it is the people around the table that make the fellowship so sweet. The believers in the early church experienced that kind of fellowship. Acts 2:46-47 says...*(have Acts 2:46-47 read)*. Pray for our ABW group and for our church. As we gather together, may our fellowship be sweet and may we be witnesses that draw others into relationship with Jesus. *(pause for a time of silent prayer, then say "Amen")*

In the **living room**, we relax, read a book, watch a favorite television show, or perhaps engage in a hobby like knitting. It's a place to recharge by ourselves in a comfy chair after a day's work. But it's also a place where we share a comfy couch with others: family members, friends, or a small group Bible study. We live, love, and laugh together. Sometimes we shed tears together. As we choose how to spend our leisure time, we need to be mindful and make choices that are edifying and filling our minds in Christlike ways. Our choices should offer hospitality with loving and joyful hearts. Our choices affect us as well as others. 1 Corinthians 10: 23 & 31 says: *(have 1 Cor. 10:23 & 31 read)*. Pray and ask the Lord to help you make good choices in how you spend your leisure time, both alone and with others. *(pause for a time of silent prayer, then say "Amen")*

The last room we enter is the **bedroom**. This is where we come at the end of the day and lie down to receive rest from the day behind us, and vitality for the day ahead. But before we close our eyes and drift off to sleep, it is good to spend a few moments reviewing the day. As we count our blessings, we can offer a word of thanks to God for his abiding presence. If our cares and anxieties weigh us down, we can commit them to our Saviour, knowing that he is faithfully in control of all things and desires us to enter into peaceful rest. David writes in Psalm 4:8:*(have Psalm 4:8)*. What blessings are you thankful for? Are there things that are robbing you of peaceful rest? In silent prayer, offer up both your praises and petitions to our almighty God. *(pause for a time of silent prayer)*

*(End the program with this prayer:*

*Lord, we thank you for our homes and for the different rooms that are within them. May they continue to be a blessing to us and may we remember to be a blessing to others by welcoming them in the name of Jesus Christ, our Lord and Savior. Amen.)*