

Long to see our communities transformed by God?  
Then why not join us each month for an hour as we prayer walk our town.  
Further details from Denise.



Topics that we can pray into:

revival  
opportunities to witness  
good relationships with businesses  
schools/nurseries  
churches  
care homes  
health care  
homelessness  
unemployment  
local charities  
emergency services  
Council



Christ Church,  
William Street,  
Herne Bay  
Kent CT6 5NR



St Andrews Church  
Hampton Pier Avenue,  
Herne Bay  
Kent CT6 8DY

Phone 01227 749762  
E-mail [office@parishofhernebay.org.uk](mailto:office@parishofhernebay.org.uk)  
Web [parishofhernebay](http://parishofhernebay.org.uk)



**Transforming Communities  
One Step at a Time**



**Our aim is to glorify God by building a  
Christ centred community through  
the power of the Holy Spirit.  
We do this by making and growing  
followers of Jesus.**

## What is Prayer Walking?

Prayer walking is a spiritual practice that combines physical activity with prayer. When we prayer walk, we are stepping into our authority as God's children to notice and bless people and places in Jesus' name.

This simple task is a great way to bring transformation to our local community by asking God to break in.



## What are the benefits of Prayer Walking?

- **Connection:** Deepen your spiritual connection with God through active listening and prayer.
- **Community Impact:** Pray for your neighbourhood's well-being and transformation.
- **Physical & Mental Health:** Enjoy the benefits of being outside, exercising and getting to know others in the congregation a little better.
- **Personal Growth:** Experience personal growth in faith and empathy for others as well as a love for Herne Bay.

## What happens on a Prayer Walk?

### 1. Start and end together:

We agree a place and time to meet and finish. After a brief explanation for those who have not been before, we start with a short prayer.

### 2. Route:

Whilst we usually decide ahead of time roughly where we're going, we are still open to the prompting of the Holy Spirit to lead us as we walk.

### 3. Twos or threes?

Jesus sent his disciples out in twos. It's not intimidating or as conspicuous as a large group can be, and it is safer than people going on their own. We usually walk in 3s. For safety, most folk will have their mobile phone on.

### 4. Walk, chat, notice and pray

As we walk, we chat to one another whilst also asking God to help us notice what He would like us to pray for.

Our conversations with each other flow into a natural conversation with God.

### 5. Eyes open or closed?

It's not about being seen to be praying, it's about seeing and praying.

Best keep eyes open as you walk and pray! You can pray out loud, but silent prayer is also fine.

We sometimes pause our walking, maybe to sit down for a moment or two, to listen and pray into a situation.

### 6. Encounters.

Sometimes we may chat to folk we pass. We say that we are from the local church, Christ Church St Andrews, on a prayer walk asking God to bless our town.

Whilst we don't 'evangelize', we might feel it's appropriate to ask for any prayer requests. These can be prayed as we walk on, at the end when we meet back together or even with the person themselves, should we sense that this would be helpful.

### 7. Church flyers

We carry some church service flyers to hand out just in case folk we meet are interested to find out more.

### 8. And finally...

We meet up at the end to record the streets covered and share what we've felt, seen, prayed and heard from God.

