

Dear Grace Family,

Even though we're limited right now in our social interactions, our prayers are not. God is listening and He is answering. You can pray at home of course, but for those who are able, we'd like to encourage you to take a walk, get some fresh air, enjoy the spring, and talk to God while you do. We often call this *Prayer Walking*. And right now with all the social distancing and inside time, this can be a great way to pray for your neighbors and to also be outside.

So, we want to encourage you to take a few minutes and take a *Prayer Walk* around your neighborhood if you are healthy and able to do so. You can do this alone or with a spouse or friend.

Begin by asking God to guide you and help you in your prayers and to grant you opportunities to engage with neighbors who may also be outside. Be sensitive, though, to keeping your distance during these times.

And as you walk and pray, stay alert. Watch and listen to the springtime, to the sights and sounds around you. Praise and thank God for the beauty of spring flowers and budding trees and singing birds. And be alert to opportunities and needs around you.

Pray for your neighbors by name asking God to give them good health, good jobs and spiritual hunger and growth. For those you know who are not yet believers, ask God to save them, to use the current uncertainty to make them aware of the tentativeness of life and their need for Christ. Ask God to use you to introduce them to our Savior.

As you pray for your neighbors by name, you may find it helpful to use the Bless Every Home website that the Southern Baptist Conservatives of Virginia has developed. Several Grace members have found it to be very helpful. Here's the web address:

<https://www.sbcv.org/blesseveryhome/>

As you *Prayer Walk* you may want to stop briefly and speak to a neighbor who is outside and ask them if there's anything they need, anyway you can help them. If you see children playing outside, ask God to give them tender hearts toward Jesus and for parents who love them and love Jesus.

This time of *Prayer Walking* does not need to be long. Even 15-20 minutes of focused and alert prayer for your neighbors is very good. Our neighbors need to see us and see that we care. One way to do that is by taking a walk and praying for them.

If you would like more guidance on how to *Prayer Walk*, the following article may be helpful:

<https://www.sbcv.org/wp-content/uploads/3-Ways-to-Focus-Prayer-Walking.pdf>

Our prayer is that God will help us all be devoted to prayer and keep alert in it with an attitude of thanksgiving (Col. 4:2). This is a good time to be intentional and begin a habit of *Prayer Walking*. And let's see what God will do in answer to our prayers for our neighbors!

*"Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen." Ephesians 3:20-21*

-Tom and Mattie Collins