

Some Statistics about Sudbury to help you get

started (mainly taken from St.Gregory's Parish spotlight which draws together national and local statistics such as census figures to give a snapshot of a parish, this can be found on the Anglican diocesan website)

- Population rising towards 15,000
- In last census 57% self-defined as Christian
- Local police named drugs as an area for prayer
- Those working in community support services of all kinds report struggling morale as they try to do more with less resources
- Education is an issue-35% of working age people have no qualifications
- 21% of Children in the parish are defined as being in poverty
- The environment and issues like air quality are significant
- 40% of households are in rented accommodation
- 36% of the parish population are in single person households, over 20% of the population have never married or been in a legal partnership

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Prayer Walking Sudbury

**'Thy Kingdom come, thy will be done, on earth
(here in Sudbury) as it is in heaven.'**

Thursday 25th May- Friday 2nd June

"What does the Lord require of you but to do justice,
to love kindness and to walk humbly with your God.'

Micah 6.8

What is prayer walking?

- It has been described as 'praying on site with insight'. When we are out and about, we are connected with the physical places where people work and spend their lives. Here God can show us God's heart for the community and his aspirations for those who dwell there.

Some helpful practical and Spiritual tips

- This guide goes with a document showing the prospective route, timings and gathering places for each day of the walk.
- We begin each walk with a short time of prayer together, praising God for this opportunity and asking for God's guidance and protection as we go.
- Practical Preparations- make sure you have suitable clothing, footwear, sunscreen and water as necessary and if possible a mobile phone. Maps and Route guides will be given out. You may want a notebook and pen to jot down observations and anything you feel God is drawing your attention to.
- A small Bible might also be helpful.
- Spiritual Preparations- Think about our town, both the joys and the challenges. Ask God 'Lord, what do you want me to see-how do you want me to pray? Ask God to cleanse and prepare you. Pray for sensitivity, for open doors and for spiritual eyes.
- As you walk take your time so that the Holy Spirit can show you what God wants you to see. Keep your eyes open. Use your senses to observe what you see, hear, smell and touch.
- Walk inconspicuously and pray quietly- this is not a time for witness.
- Don't socialise with fellow walkers, you are here to pray.
- Pray a special blessing on significant buildings as you go.
- Keep on praying after the event based on your impressions.
- Be as specific as possible in your prayers
- It may be that during the walk we separate into smaller groups- make sure you know the place and time of the planned rendezvous.
- If you decide to go home, please let someone know you are leaving.
- If you find it helpful you can pray along with scripture.
- Pray for blessings and protection for your neighbours. For example 'We pray for God's blessing on the people of this community. Let your saving help, your peace, your healing, your

deliverance and reconciliation settle over this community.'

- To those who ask what you are doing you could say something like 'We are praying for God's blessing in Jesus' name for people living or working near here. Is there any specific way we might pray for you?'
- To those who ask who you are 'We are concerned Christians from a variety of churches in and around Sudbury. Today we wanted to bring some of our prayers a little closer so that we might pray a little clearer.'
- If people have specific prayer requests, ask if you can note them down so that we can continue to pray for them after the walk.