



Jesus said to His followers, “*You are the light of the world.*” (Matthew 5:14-16)

Prayer walking is a simple way of shining the light of God upon our community...especially in light of COVID-19 concerns...

This summer, please take time to go for a walk in your neighbourhood and asking God to B.L.E.S.S. your neighbours, according to the guide below.

Whatever time you can give to this will be a blessing!

If you have more questions, please contact Pastor Brent.....

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| <b>B</b> ody      | pray for good health, safety, and physical strength  |
| <b>L</b> abor     | pray for good employment, provision and productivity |
| <b>E</b> motion   | pray for joy, inner strength, contentment, and peace |
| <b>S</b> ocial    | pray for good relationships with family and friends  |
| <b>S</b> piritual | pray for response to the Gospel and growth in grace  |