



## May 21<sup>st</sup> - May 31<sup>st</sup> 2020 : Ascension to Pentecost

Along with 'Thy Kingdom Come' twice daily Zoom prayer meetings at the Free we are inviting you to prayer walk as part of your daily exercise.

As you walk (exercise) let creation, sights, sounds, people, places and buildings, prompt your prayers.

- Start with worship, adoration and thanksgiving.
- Ask the Lord to open your eyes to see people and situations from His perspective.
- Listen to His voice and prompting.
- Ask the Lord to bless people and locations that you pass -
  - Neighbours
  - Businesses
  - Council leaders
  - Surgeries, Care homes and Chemists
  - Schools and teachers
  - Churches - their leaders and members
  - Places of recreation
- Share with others what the Lord is saying and doing during these times.  
If you feel there is a word for the church please email us on [prayer@frintonfree.com](mailto:prayer@frintonfree.com)

*Pray like this:*

*Our Father in heaven, may your name be kept holy.*

*May your Kingdom come soon.*

*May your will be done on earth, as it is in heaven. Matthew 6:9&10NLT*