



# ICDF Networks

*August 2017*

## Movement in Prayer



*Photo: A "Restoration Flag" carried through different stone memorials*

The ICDF Network for Movement in Prayer aims to share ideas for movement and prayer; for members to support each other in prayer projects; to answer the call for prayer internationally through support in prayer or in person; to celebrate the outcome of prayer; and, where possible, to share ideas for movement and prayer, to meet in our countries / localities to move and pray.

**"Prayer is a beautiful friendship with our Creator: we share with God - He responds.  
He responds and we share."**

*Anna Omokaro*

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# Dancers and Prayer Journeys

Prayer and journeys have always gone together although they have taken many different patterns. Pilgrimages to Jerusalem for the Feasts, journeys of the early Celtic saints in their corricles and on foot to take the gospel around Ireland, Britain and parts of Europe, pilgrimages to the shrines of saints in many parts of the world and prayer tours praying for our cities and countries today are all spiritual journeys that mirror our life journeys of seeking God and His will for us and our world.

Prayer is often thought to be something we do with our minds, our spirits and, some of the time, our voices but with pilgrimage it is combined with body movement. From early times people have used their bodies to express prayer not only in the journey but as they have stood, knelt, prostrated, brought their hands together, lifted them up, stretched them out or lowered them and bowed in humility. References to all these movements can be found in the Bible and are in use today. Getting our bodies more involved and moving our prayers can often help in making them more meaningful. Jesus said that the most important of the commandments was to “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength” (Mk.12:30) – in other words, every part of us.

## What authority do we have to pray on location?

Jesus taught his disciples “This is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven” (Matt.6:9,10). So wherever we are on earth we can pray that God’s will be done. And we have the word of God and the guidance of the Holy Spirit to help us understand what that will is so we can pray more specifically into a situation. Research and learning on location can also help in knowing what to ask for. John writes in his letter: “This is the confidence we have in approaching God that if we ask anything in accordance with His will, He hears us. And if we know that He hears us – whatever we ask – we know that we have what we asked of him (1 Jn.5:14). We can only come to the Father to ask through Jesus (Jn.14:6), cleansed from our sin and having forgiven others who have sinned against us as Jesus continues in the Lord’s Prayer. Then we can come with confidence into the Holy of Holies and draw near to bring our worship and petitions to Abba, Father (Heb.10:19).

*Mary Jones*



Photo: Prayer walking from the Mount of Olives into the old city of Jerusalem

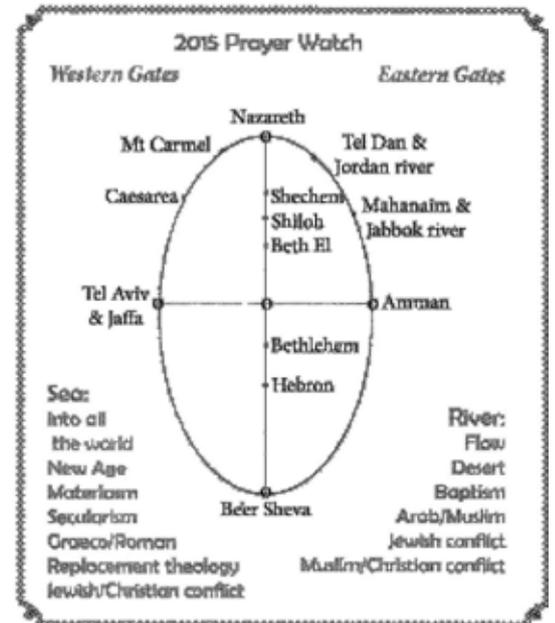


Illustration: The 2015 Prayer Watch group's journey in Israel was in the formation of a cross within a circle.

# Prayer Walk for Women

The perfect weather for a prayer walk: dry with a gentle breeze and bursts of sunshine. On Saturday 12th August around 10am in Hyde Park London, UK, my friend and I sat on a bench as I shared the vision for Prayer Walk 4 Women.

The first Prayer Walk 4 Women was on Saturday 28th January 2012, the second in August 2012 and the third, five years later - Saturday 12th August 2017. The vision was birthed from a deep sadness and tugging inside me caused by the injustice many women were facing in the UK and worldwide. Prayer Walk for Women was launched during a time when it became very real to me that women were sex slaves in my city (London), women were imprisoned in their homes, being abused and mistreated in my city. There was an awareness that it happened in other countries, which equally saddened me but the rawness of it being so close propelled me to action-pray.

I started loosely thinking about the process of movement, how simple it is, and yes that it includes walking. There is something about moving and praying that is so effective and precious. For me, particularly prayer walking shows intent, faith, authority of the believer, taking ground for the Kingdom of God and exercising the freedom we have - just to name a few.

**Why pray?** Prayer is powerful. Here are just a few scriptures to look at from the Old and New Testament that encourage us to pray - 1John 5:15; 2Chronicles 7:14; Ephesians 6:18; Jeremiah 29:12  
John 15:16 '...whatever you ask the Father in My name He may give you' was the verse we aimed to have at the forefront of our minds on the 12th August 2017 believing that, as we prayed the Father's will for freedom for women, He would surely grant our heart's desire.

**Why women?** Women are still targeted for various atrocities such as human trafficking. There is a higher percentage of women being victims of domestic abuse, as well as several other injustices where women are disadvantaged. Of course some of these issues affect men and children, however at the heart of this vision is women and God's heart to see them set free.

**Why walking?** On a simple level, walking has great health benefits. Walking is a type of declaration; it is a way to exercise our freedom and enjoy the privilege we have to leave our homes and enjoy the beauty of a park - several women do not have the freedom to do this.

**Why prayer walk?** Prayer walking shows intent and faith that women who are not free, (emotionally as well as physically and spiritually) will be able to walk in public like us one day. Furthermore 1 Thessalonians 5:17 'pray without ceasing', reminds us that walking is something we do daily, so part of praying without ceasing will also include praying while walking.

**Who?** Everyone is welcome to walk and pray: men, women and children.

Current climate of some women across the world

- frowned upon for women to drive in Saudi Arabia
- sex-selective abortion is practiced in some countries because male babies are preferred
- Gender pay gap is still an issue in various parts of the world
- 1 in 5 girls in Afghan do not attend school

These were some facts shared before our walk; they may seem negative at first glance but it's a great opportunity to see our all-powerful God move. Meeting provided space to celebrate achievements of women too: Malala Yousafzai, a Pakistani activist for female education, known for human rights advocacy and the youngest ever Nobel Prize laureate.

Moments of silence, moments of stillness, a time to pray, a time to sing, minutes sitting down before walking again. Every action and thought was a heartfelt prayer to our God for women in the UK and worldwide to experience freedom and know Him.

Intimacy with God and listening to His heart is key in prayer. Why? Because today I realised Prayer Walking for Women, included praying for women, the government, systems, ideas, men, organised crime groups, children, people in leadership and more. Prayer is an absolute delight when we are in sync with our good, good Father.

“Look at that!” - a distinct lime green bird flew by as we entered a more unkept part of the park. I have never seen a lime green bird before...until now. I have not seen what freedom for all women worldwide looks like ... Even in our most desperate and difficult situations, and somewhat ‘unkept’ parts of our lives hope still hovers over - a clear reminder that God is still very present in our lives and world.

*Anna Omokaro*

## Shall We Pray?

***The Movement in Prayer Network recently had a cyberforum where they wrote about their experiences doing Prayer Walks. Here are a few extracts from the chats.***

I used to attend and sometimes lead worship at a very small church with a dozen or so very elderly members who were used to conventional reformed worship services. I always tried to put something creative into the service and one Sunday for the intercessions I felt we should all go out and walk around the church building, pausing on each corner to look outwards and pray for what we could see - the Fire Station, the local newspaper offices, the Age Concern hall, a residential area, the train station, the bus station and the town centre shops and businesses. It was so much easier to pray for our locality when we could see it there in front of us - eyes open! Some of the congregation needed support even for the short walk, but did feel challenged by it. Such a change from staying safely inside with our eyes closed. - Jan Scott

I thought I'd throw one more mix into it - swimming prayers! I try to swim a reasonable distance at least three times a week - a mile sometimes - anyway, I find that the mindlessness of endless lengths takes on opportunity to pray for others. I'll commit a length or two to each of my intentions, and it encourages me to make strong efforts especially for those whose needs are dire! - Diane Hobelaid

I used to prayer walk when we had our last dog, I found it very uplifting being away on my own talking to God about many things, and learning to listen too His voice. Another way of prayer moving is in your own home or church moving in prayer guided by the Holy Spirit, this takes you into another dimension and lifts you up in your spirit as you intercede on behalf of other people. - Tom Gibson

Currently reading "Do it again Lord" by Gordon Pettie about Revivals around the world, they always start with Prayer. Last night I read about the great move of God in Pyongyang North Korea, absolutely do it again Lord. Shall we pray? - Maxine Knowles

When I visited Ireland and Scotland on my way to Israel two years ago, I was very aware of tracing the paths of various saints, even though I was mostly going by train and ferry, rather than walking. I had felt for some years that God wanted me to take my dance Geadh Fladhach (about Viking massacres of Christians in the 7th century, subsequent centuries of faith and revival, and prayer for ongoing work of the Holy Spirit) to dance on the beaches of Iona and Holy Island. I became very aware of the journeys of St Patrick as I spent a little time in Ireland and then went from Ireland to Iona; then of St Columba and others as I travelled by ferry and train from Iona to Holy Island all in one day. I was taken to Cuthbert's Cave, visited St Cuthbert's Church on Holy Island and took a photo of Durham Cathedral as I passed through Durham by train. If I remember correctly, St Ninian travelled from Edinburgh to Jerusalem - my next sector. In Israel I was heading for a Prayer Watch followed by a pilgrimage in Israel and Italy but it was clear that my journeys in the UK and the times in Israel and Italy were all part of God's pilgrimage for me at that time. I am not sure why following the paths of the ancient saints is so important and special. - Debbie Bright

