

Week 6 – March 22nd to March 28th

Walk around the park x 7

Pray for:

Laps 1-6 as before

Lap 7: Pray for those who are grieving, especially those who have lost relatives or friends to Covid 19.



Week 7 – March 29th to April 4th

Walk around the park x 9

Pray for:

Laps 1-7 as before

Lap 8: Pray for our foodbank project and other projects in our community that are helping those in need at the moment. Pray for anyone who may need to find a new job as a result of redundancy.

Lap 9: Yourself – Is there anything that is worrying you? How would you like God to be at work in your life?



“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

Sofa to 5K in 7 weeks 😊

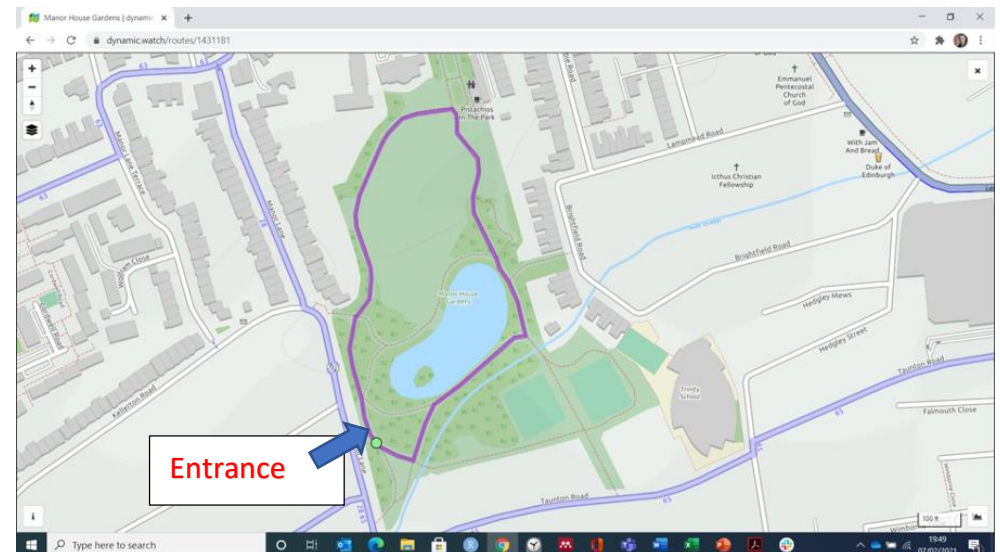
Sofa to 5K – A prayer and walking challenge for Lent



One of the many downsides to lockdown is that we've been doing lots of sitting about. Remembering that we are body, mind and spirit, we've put together a “get up and pray” guide for those of us who would like to become more active, and exercise more than just our minds and spirits. You can do as much or as little of this as you wish, but for those who have an exercise goal in mind, you may get to hit the 5k mark at the end if you keep up with the plan.

What's the plan?

This plan is based round a walk around the lake at Manor House Gardens in the parish. A walk round the lake following the path starting at the middle gate on Manor Lane, walking past the Ice House, Library, cafe, past the duck viewing platform and back to the entrance has been mapped out at around 0.6km. So, nine circuits will equal a walk or run of 5.4km.



What do I do?

You could plan to walk the route a number of times, and as you stroll round, perhaps pray for one of the groups of people or situations listed below. Start slowly, and by the time we get to the end of Lent you'll have prayed through all the categories, and covered the distance.

What if I'm not able to get to Manor House gardens?

For those of you who live farther away, you could use the plan for a different space or walk round your block.

What if I am not able to get out, or can't walk the full lengths?

For those who feel unable to undertake the route, you can use a shorter route or use your stairs at home. Perhaps climbing up and down once or twice could equate to one lap of the lake. Any activity is beneficial to us.

Week 1-17th to 21st February

Walk around the park x 2

Pray for:

Lap 1: People in our families, our neighbours, and our friends at church. Think of particular people you know who are in need of healing at the moment

Lap 2: Pray for the young people in our church who are finding being out of school difficult. Pray for families who are juggling schooling and childcare responsibilities.

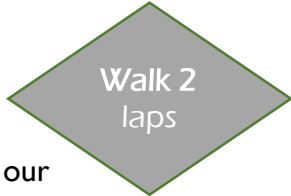
Week 2 – 22nd to 28th February

Walk around the park x 3


Pray for:

Lap 1 and 2 as above

Lap: 3 Pray for those around the world living in poverty and pain. Pray for people in countries who are particularly hit by Covid 19.



Walk 2
laps



Walk 3
laps


Week 3 - March 1st to March 7th

Walk around the park x 4

Pray for:

Laps 1-3 as before

Lap 4: Pray for keyworkers and those on the frontline, especially those working in the NHS who are feeling tired, burnt out and discouraged.



Walk 4
laps


Week 4 – March 8th to March 14th

Walk around the park x 4

Pray for:

Laps 1- 4 as before

Lap 5: Pray for our government and those who have influence in our nation that they would make wise decisions. Pray that we will be able to recover from the effect of the pandemic in all areas of our society.



Walk 5
laps


Week 5 – March 15th to March 21st

Walk around the park x 6

Pray for:

Laps 1-5 as before

Lap 6: Pray for our church - Pray for our leaders and volunteers in key areas. Pray for good relationships and that we may be a good witness for Christ in our community. Pray that our church will grow.



Walk 6
laps