

This prayer walk was adapted from “A Sacrifice of Time” on page 29 in Missions Mosaic. As spring is coming to life, encourage your ladies to go outside for a prayer walk. This walk is designed for five “stops” or pauses to pray as you walk. You may use the prayers in bold print or your own words.

Stop 1: PRAY NOW

“When you pray for missionaries, you are also praying for the peoples of the world. Pray for God to increase your love for all people. Ask Him to open your eyes to the world here on your doorstep. Pray for awareness of the divine encounters, He is longing to bring your way. Pray for missions because it is God’s will done here on earth.”

We pray now that Dr. Heidi might be aware beyond the physical ailments of her patients, to the spiritual needs as well. May her love for her patients and the Lord be apparent to everyone. May your divine hand arrange for opportunities to arise in her everyday interactions that would lead to conversations about Jesus, the True Healer. Amen.

Stop 2: PRAYER BRINGS JOY AND PEACE

“Joy comes when you release your expectations and ask Jesus to do what only He can do. He promised joy when you pray according to His will (John 16:23-24). Paul heaped on more joy and peace in his letter to the Philippians (4:6-7).” In Ghana, darkness is spread through traditional religions. “Followers try to appease their ancestors and manipulate the “spirits” to improve their own well-being. The people are fear driven, Heidi reported with sadness. Further, she said, “They offer sacrifices, use magic charms and amulets for protection, and will seek many ways of manipulating the spirits to give them favor.”

Today Lord we lift up prayers for the Ghanaians who follow African traditional religions. May the Love and power of Christ prevail against the strongholds of animism, polytheism, pantheism and ancestor worship. We pray that they might find the true joy of following the one true God whose affections for his children never waiver or fail. We pray, Jesus, that their prayers to you might offer them peace rather than being a bargaining method. Amen.

Stop 3: PRAYER IS YOUR WAR ZONE

We pray because we’re in a war for the souls of men and women—those we love and those we don’t even know. Prayer puts us on the front line of the kingdom battle, and we need the full armor of God to remain in the battle. Paul wrote in Ephesians 6:18, “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.” Prayer is the piece of armor surrounding and permeating all the other pieces.

Holy God, we know that Satan will use all methods of attack on those who are actively doing the Lord’s work, including attacking their health and safety. We pray for continued protection over the Haun family, especially during this time of Covid 19 and for all of the doctors and nurses that Dr. Heidi works with, that they might be spared from illness. We pray for the health and safety of their patients and that no illness may be spread through the health care workers during consultations and surgeries. We pray also that God might break the hold of traditional religions and “medicine” and that healing for the Ghanaians might be found in Christ. Amen.

GHANA

Stop 4: PRAY CONTINUALLY

Paul told us in 1 Thessalonians 5:17 to pray continually. He was describing a habit of the heart, not reactions to circumstances. “Breath prayers” are one way to be continually in the presence of God. Breath prayers are simple, brief sentences or phrases that can be repeated in one breath. It takes just nine seconds to 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). Adding the name of a missionary takes just a few seconds more.

Let’s try a breath prayer for Ghana:

Breathe in: Holy God may you break the hold of darkness in Ghana.

Breathe out: May your light shine hope and healing for the lost.
(repeat)

Stop 5: PRAY IN FAITH

Jesus’ words in Matthew 21:21-22 dazzle my mind. He said we can do remarkable things when we pray in faith, believing what He said is true. And, in Mark 11:22-25, we are encouraged not to doubt Him. **PRAY WITH A RIGHT HEART** In the same passage in Mark, Jesus commanded we are to forgive those we hold something against before we pray (v. 25). And James insisted we check our motives (James 4:3).

Holy God we pray in faith for the salvation of the Ghanaian people. We pray that you might strengthen church leaders, missionaries and volunteers as they serve you. We renounce the hold of Satan through fear, superstition and politics and we pray that a revival might arise amongst your children. Amen.