

UPTOWN WHITTIER

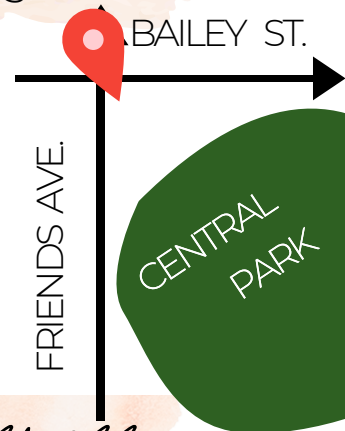
*Prayer
and
lament
walk*



WHITTIER AREA
COMMUNITY CHURCH

Prayers of lament are a common finding in the bible (see the books of Job, Psalms, etc.) and involve expressions of pain, loss, anger, complaint, and questions to God in the midst of human struggle and chaos. As you walk through Uptown Whittier today, bring to God the outcries of your heart on behalf of others, our society, and even your own circumstances. If there are topics that stir additional convictions in your heart during your walk, stop to repent and ask for God's forgiveness and guidance as you continue to submit your life to him in that area.

BEGIN YOUR WALK AT CENTRAL PARK AT THE CORNER OF FRIENDS AVE AND BAILEY STREET (6688 FRIENDS AVE, WHITTIER, CA 90601)



1. Pray for those experiencing homelessness

- **Walk** around Central Park where families and individuals experiencing homelessness often take shelter at night.
- **Read** "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in"
Matthew 25:35
- **Reflect** What do you think of when you think of people experiencing homelessness? Maybe you think of things like dirty, smelly, drugs, mental illness, laziness, etc. What do you think God thinks of those who are experiencing homelessness?
- **Pray** Pray for those who take shelter in this park and across our city at night. As you pray, reflect on the possible difficult circumstances that have led them to sleep in the park. Pray that God would bring healing, provide for their needs, protect them from danger or illness, and give them peace and assurance of his love. Ask God to help you see people through his eyes and how he might be calling you to serve those in need.
- **Continue Walking** Head west on Bailey St towards Washington St

AS YOU ARE WALKING ON BAILEY STREET, NOTICE THAT THERE ARE SEVERAL CHURCHES.

2. Pray for the Church

- **Read** May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God. Romans 15:7

- **Reflect** What is the mission of the church in the world? In what ways has the church been an important support to you? Where has the church or its followers been hurtful to you?

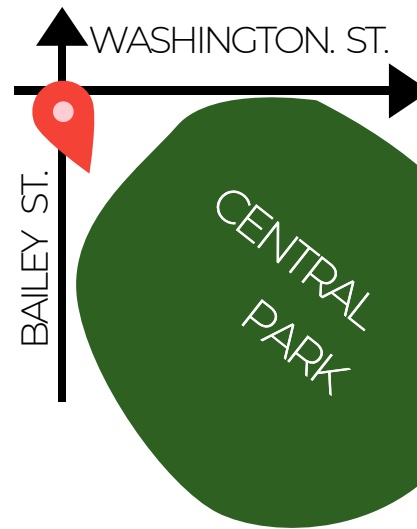
- **Pray** Pray for churches in our community, their leadership, and all who call themselves followers of Jesus. Pray for those who have been hurt by the Church and confess any ways that you may have sinned against and hurt others. Pray that we would be unified amidst polarizing discussions during this time. Acknowledge how God can use the Church to care for those in pain in our communities and ask him what your role as a Christian might look like during this season.

- **Continue Walking** Turn left (south) when you reach Greenleaf Ave

GREENLEAF AVE.

CREPES &
GRAPES

BAILEY ST.



CENTRAL
PARK

ON GREENLEAF, THERE ARE A NUMBER OF BUSINESSES, MANY OF THEM STRUGGLING FINANCIALLY DUE TO THE IMPACTS OF THE COVID-19 CRISIS.

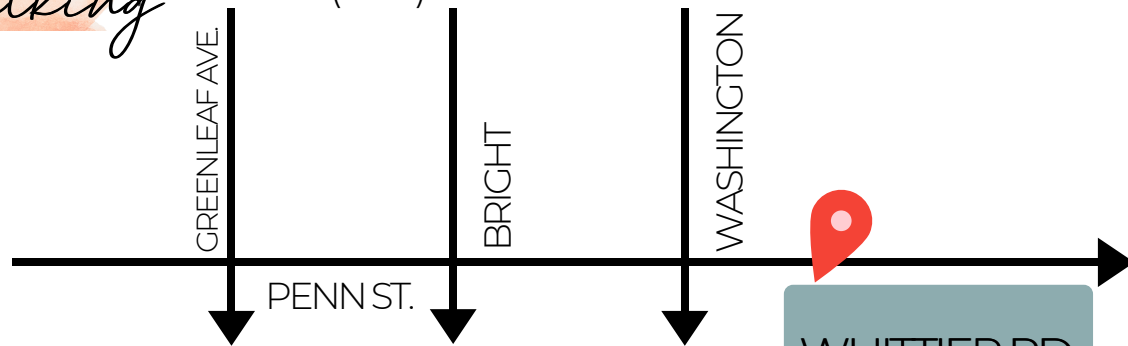
3. Pray for Business Owners and Employees

- **Read** God [is] our refuge and strength, a very present help in trouble. Psalms 46:1

• **Reflect** What kinds of small businesses do you typically frequent? How do they make your life better? Who do you know who was not able to work during the stay at home orders? What kind of setbacks and loss have you ever experienced professionally, in a job, or even a passion?

• **Pray** Share with God any frustrations or fears you have with how the Covid-19 Crisis has impacted these businesses, your daily life, or those you love. Pray for God's provision for business owners in Whittier and their employees. Thank God for small businesses and for the ideas of entrepreneurs that benefit others.

• **Continue Walking** Turn left (east) at Penn St



WALK UNTIL YOU REACH THE WHITTIER POLICE DEPARTMENT & CITY HALL ON PENN AND WASHINGTON WHERE CITY LEADERS AND POLICE OFFICERS MEET TO SERVE, PROTECT, AND LEAD IN OUR CITY.

4. Pray for Police Officers and Government Officials

• **Read** Blessed are the peacemakers, for they shall be called sons of God.
Matthew 5:9

• **Reflect** In what ways do you long for change in our community? Have you ever had to make hard decisions that would impact others? What practices and decisions of local government are you thankful for?

• **Pray** Vent to God about ways you're disappointed by those who hold different political views than you. Ask God to help you see a path to unity. Pray for those currently in office to be wise in how they govern & that God would be a comfort to them in the weight of their jobs. Pray for the safety of law enforcement officers & their families. Thank God for those who use their positions of power to protect & care for others.

- **Continue Walking** Continue back up Friends St (north) until you reach Bailey St and Central Park.

*Along this stretch, take time to talk to God about the areas of lament in your own life. Many of the biblical psalms of lament follow this pattern: invocation, complaint, request, expression of confidence, and vow of praise. Try praying your own prayer of lament as you walk on Friends St

AS YOU RETURN TO CENTRAL PARK, SIT, KNEEL OR EVEN LIE DOWN ON THE GROUND TO PRAY FOR THOSE WHO HAVE BEEN OPPRESSED AND PUSHED DOWN.

5. Pray For Those Who Have Been Oppressed

• **Read** The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

Isaiah 61:1-3

• **Reflect** Who are the oppressed, marginalized, and vulnerable in our city? In our country? In our society? What vulnerable groups of people does your heart break for? What does biblical justice look like?

• **Pray** Talk to God about injustices you see in the world. Ask Him why he allowed things to be this way & how long it will continue. Pray for change & the end of things like racism, prejudice or discrimination of any kind, trafficking, & inequality. Pray for reconciliation & that He would lead you to help right wrongs, repent where needed, and be a peacemaker for others.

