

What is Prayer Walk? 甚麼是「步行祈禱」?

Prayer Walking is simply praying onsite with insight. We pray for people at where they are. Praying walking is primarily talking to God about the people rather than talking to the people about God. As you walk and pray you will be a person of secret influence, interceding to the Father, in the Name of the Son, with the guidance of the Holy Spirit, to the One who works where no man can work, who accomplishes tasks beyond human's ability to accomplish, and who gains glory where man sees no glory.

所謂步行祈禱，基本上就是在現場 (onsite) 帶著靈感 (insight) 祈禱；我們到代禱的對象的所在地那裡為他們禱告。步行祈禱是向神述說人的事，而不是向人述說神的事。當你一面步行一面禱告的時候，你就是暗地裡為社區帶來影響：在聖靈的引導下、奉聖子的名、向聖父祈禱。神能作成無人能作的事，超過人的能力範圍，在無人看見榮耀的地方得著榮耀。

Why could I not just stay at home and intercede? 為甚麼不能只留在家中為社區代禱，而要去步行祈禱？

While "location" may or may not be important to everyone, it is of utmost value to the prayer walker. To pray while seeing, feeling, touching, and hearing is to pray with more intensity. After the prayer journey is over, you will never pray the same way again for the location of your walk and the people you met there.

可能對某些人來說，在這裡或那裡祈禱都沒有甚麼分別；但試過步行祈禱的人就會發現，當你看到、感到、摸到、聽到代禱的對象時，你的禱告會來得特別的強烈。當你參與過步行祈禱之後，你為你的對象（那些遇過的人、那些踏過的地方）的代禱將會從此變得不再一樣。

How should I prepare myself? 我要如何準備？

If you have doubts as to your ability to glorify God through this prayer journey, listen to what God told the Psalmist, "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth" (Psalm 46:10). Your very response in faithful obedience to God's open door, is an act that brings glory to God. Not only will people be blessed by your presence, God will be exalted through your intercessions.

如果你懷疑自己能不能藉著步行祈禱來榮耀神，請聽聽神告訴詩人甚麼：「不要徒然掙扎了，要知道我是上帝，我必定備受世上列國的尊崇！」(詩篇46:10) 你願意忠心地回應神的邀請去參與祈禱，這行動本身就已經是榮耀神的。你進到社區之中與鄰舍們同在，不單只為人帶來祝福，你的代禱也使神得到尊崇。

So prepare yourself for the occasion. As God's people in an earlier day prepared themselves to cross into the promise land, Joshua said to them words that might well be said to you, "Consecrate yourselves, for tomorrow the Lord will do wonders among you" (Joshua 3:5).

所以要為參與步行祈禱好好準備自己。就像以前神的子民預備自己過約但河進入應許之地前，約書亞這樣吩咐他們：「你們要潔淨自己，成為聖潔，因為明天上帝要在你們當中行一件奇事。」(約書亞記 3:5) 這也是今天適用於我們的提醒。

Practical Suggestions: 實際的建議

1. Wear comfortable, culturally-acceptable clothing and walking shoes.
穿著舒適且合宜的衣服，和適合步行的鞋。
2. Pray with your eyes open during the journey, sensitive to what you see that may prompt prayer.
步行祈禱的時候要張開眼睛，留心所有看到的東西，都可能給你帶來禱告的靈感。
3. Stop for more intense prayer as the occasion calls for it.
如果有需要作更集中的禱告，可以暫時停止步行。
4. You can pray both vocally or silently depending on the situation.
你可以按情況開聲祈禱或者默禱。
5. Smile and be pleasant to the people you meet. God may be working in their life. Pray for them. Make sure you're not physically interfering or disturbing anyone's activity. 沿途預見人時請微笑和保持友好。神可能正在他們的生命中工作，所以請為他們祈禱。留心不要阻礙到任何人。
6. Be flexible as the Holy Spirit leads.
在聖靈的帶領下保持開放的態度。
7. Keep a brief journal during and at the conclusion of the prayer journey.
在步行祈禱進行中及之後，可以簡短的寫下札記。



路線 ROUTE 3 Our new neighbours 我們的新鄰居



- The prayer walk will last about 45 minutes. Please wear appropriate clothes and keep yourself warm. 整個步行祈禱的環節大約為45分鐘。請穿著合適的衣服，小心著涼。
- You can gather your own group of 3 to 5 people and do the prayer walk together. 你可以自由組成3至5人的組合，一同進行步行祈禱。
- After the prayer walk, please return to the Main Hall and we will gather again for praise, the Holy Communion, offering and benediction. Parents with children in CitRUs please send your children back to CitRUs. 步行祈禱完畢後，請回到大堂，我們會再一次聚集讚美神、同領聖餐、奉獻和祝福。有子女參加CitRUs的家長請把子女送回CitRUs的課室。
- Please return to the Main Hall to worship before 11:50am even if you have not completed the prayer walking route. 上午11:50前，無論是否已完成整條路線，都必須返回教會繼續敬拜。

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Route & Prayer Guide 禱告路線及指南

- This route is long. You may not have enough time to stop at each interest point to pray. Instead, keep walking, and pray as you walk - but keep your eyes open and pay attention to traffic.

這條路線偏長。你可能不會夠時間在每一個點停下來祈禱。請採用一邊行一面祈禱的方式 - 但祈禱時請張開雙眼，並留意交通狀況。

- This route passes through 5 different new housing developments, some are still under construction while some have been occupied. You are asked to pray for the roughly 3000 residents who are living or will live in these properties. 這條路線經過五個新發展的地產項目，有些仍在興建中，有些已經入伙。我們要為那裡現在和將來的約3000名住客祈禱。

- As you pass by each property, observe and pray for the residents following the guidance of the Holy Spirit. Imagine what it is like to live in this place. What will be the biggest concern of these residents? Use empathy and compassion; and pray in solidarity with the residents.

當你經過以下每一個地點時，用心觀察，並按著聖靈的帶領為那裡的居民代禱。試想像一下，在這裡居住會是怎樣的呢？這裡的居民最關心的會是甚麼？帶著同理心和憐憫，設身處地地為這些居民代禱。

0 As you walk out the front door of Westside, turn right and walk up Ash Street. Turn right at SW Marine Drive, keep walking and cross Cambie Street, until you reach the plaza in front of Marine Gateway.

當你走出西浸的大門，請轉右，沿Ash街向北行。在Marine Drive轉右，直行，橫過Cambie街，直到Marine Gateway前的廣場。

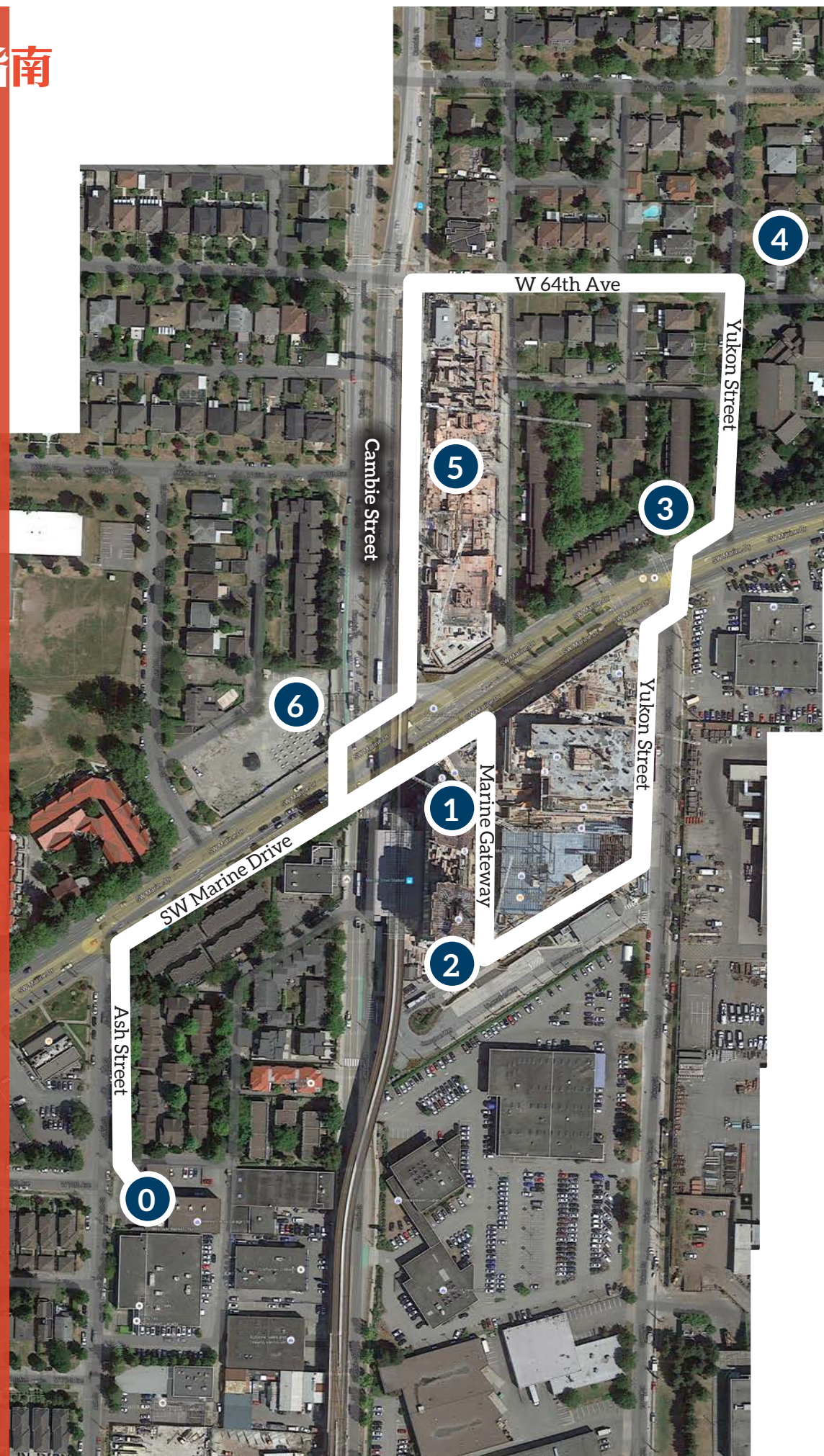
1 Turn right onto the High Street at Marine Gateway, and you will see the entrance to the North Residential Tower besides Express News.

右轉入Marine Gateway商場的高街，在右手面Express News旁邊你會見到Marine Gateway北住宅大樓的入口。

2 Keep walking along the High Street, and walk down the steps in front of Starbucks. At the foot of the steps is Tim Hortons. The entrance to the South Residential Tower at Marine Gateway is right next to Tim Hortons.

沿Marine Gateway商場的高街向前行，走下在Starbucks前的階梯。階梯右邊是Tim Hortons，在它的旁邊就是Marine Gateway南住宅大樓的入口。

- Located right beside the SkyTrain station, the two residential towers at Marine Gateway consists of 415 condo units and 46 rental units. Most of the residential units here are one-bedroom or small 2-bedroom apartments, housing about 700 people. The project also includes an office tower and a retail and entertainment complex.



就在天車站旁邊，Marine Gateway的兩棟住宅大樓包括415個柏文單位和46個出租單位；當中大部份是一房或小型的兩房單位，估計有約700人入住。除此之外，這裡也有一棟商業大樓和商場。

3 Walk east along the southern edge of Marine Gateway (along the bus lane). Turn left at Yukon Street and walk north. Cross Marine Drive at the crosswalk. You will see the sign of W1 at the intersection of Marine Drive and Yukon Street.

沿Marine Gateway的南端（公車線旁）向東行，在Yukon街轉左並向北行。在過路處橫過Marine Drive。在Marine Drive和Yukon街的交界你會看見W1的招牌。

- W1 will replace the soon-to-be-demolished Marine Gardens. It will have 2 towers with about 500 condo units, plus a 7-storey building with rental units and childcare facility. W1會取代在現址將要被拆卸的Marine Gardens。建成後它會有兩棟包括約500個單位的出售柏文，和一棟七層的出租單位和托兒設施。

4 Walk north along Yukon Street and at the intersection of Yukon and West 64th you will see Park & Metro under construction.

沿Yukon街向北行，在Yukon街和西64街的交界你會看見興建中的Park & Metro。

- Park & Metro includes two 4-storey condo buildings with 73 upscale units. It is scheduled to be completed in 2017. Park & Metro包括兩棟四層高的大廈，有73個較高檔的住宅單位。它將在2017年入伙。

5 Continue to walk west along West 64th. At the intersection of West 64th and Cambie Street is MC2.

沿西64街向西行，在西64街和Cambie街的交界就是MC2。

- MC2 has just been completed in April. It includes 2 high-rise towers with 444 residential units. MC2剛剛於四月入伙，兩棟高層大廈共有444個住宅單位。

6 Walk south along Cambie Street. Cross Cambie Street at the intersection of Cambie and Marine Drive, and you will have reached the construction site of Northwest.

沿Cambie街向南行，在Cambie街和Marine Drive的交界橫過Cambie街，就是Northwest的建築地盤。

- Northwest will have 2 residential towers with 350 units, as well as a facility for the Marpole-Oakridge Family Place. It will be completed in 2017. Northwest的兩棟住宅大廈共有350個單位，另外還包括Marpole-Oakridge家庭中心的會址。它將會在2017年落成。

0 You can cross SW Marine Drive at the crosswalk, then walk back to church following Marine Drive and Ash Street. 在交通燈橫過Marine Drive，再沿Marine Drive和Ash街回到西浸。