

## 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).

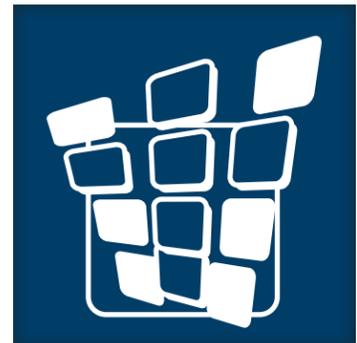
所以要為參與步行祈禱好好準備自己。就像以前神的子民預備自己過約但河進入應許之地前，約書亞這樣吩咐他們：「你們要潔淨自己，成為聖潔，因為明天上帝要在你們當中行一件奇事。」(約書亞記 3:5) 這也是今天適用於我們的提醒。

## 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 5  
Our existing  
neighbours  
我們的老鄰居



- 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。

WESTSIDE BAPTIST CHURCH  
西區浸信會 604-266-5602  
westsidebaptist.ca

# 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 various existing residential neighbourhoods in our vicinity. You are asked to pray for the residents who live in these properties.

這條路線經過在我們附近、一直都在的幾個不同的住宅區。我們要為在那裡的住客祈禱。

- As you pass by each neighbourhood, observe and pray for the residents following the guidance of the Holy Spirit. Imagine what it is like to live in this place. What are the changes that they are facing? 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住宅區時，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？他們正面對著怎樣的改變？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 left and walk down Ash Street. Turn right at West 71st Avenue.

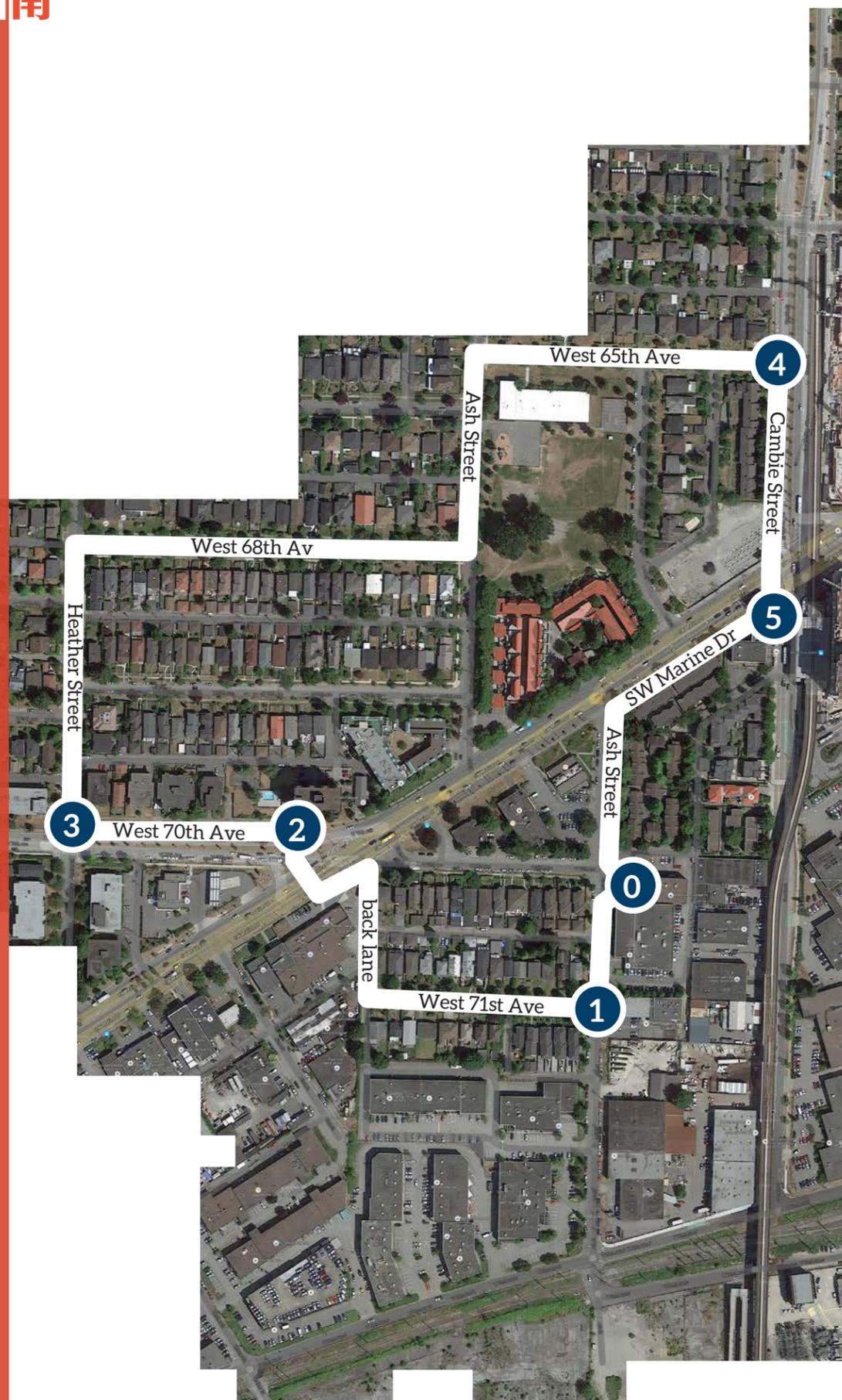
當你走出西浸的大門，請轉左，沿Ash街向南行。在西71街轉右。

**1** You are about to pass through a small residential neighbourhood sandwiched among mostly industrial establishments. Observe the single houses and try to imagine what it is like to live here.

你將要經過的是一個夾在各種工業用地之間的細小住宅區。留心觀察這些獨立屋，嘗試想像在這裡的生活。

- Walk west along West 71st Avenue, until you reach the end of the street. Turn right onto the back lane and walk north until you reach SW Marine Drive (Pay extra attention to the traffic here - it may be dangerous). Cross SW Marine Drive and West 70th Avenue at the crosswalk a little left of you (In front of Mama's Cabinet).

沿西71街向西行，直到街的盡頭。轉右入後巷，直到轉出Marine Drive (請特別留心交通狀況 - 可能會危險)。在稍為向左一點的行人過路處 (在Mama's Cabinet門前) 橫過Marine Drive和西70街。



**2** The next neighbourhood you will pass through consists of many small apartment buildings along West 70th Avenue. They are mostly dated. Observe: who are the people living here? What are their needs? What are their concerns?

下一個你會經過的住宅區主要包括沿西70街一帶的低層柏文大廈。這些大廈有些頗為殘舊。留心觀察：住在這裡的是甚麼人？他們有些甚麼需要？他們關心的是甚麼事？

- Walk west along West 70th Avenue, and turn right at Heather Street.
- 沿西70街向西行，在Heather街轉右。

**3** From here you will walk through one of the most popular residential neighbourhoods for immigrants from Hong Kong in the 80s and 90s. Observe how differently this neighbourhood feels than the previous two. What is it like to live here? From here you will walk through one of the most popular residential neighbourhoods for immigrants from Hong Kong in the 80s and 90s. Observe how differently this neighbourhood feels than the previous two. What is it like to live here?

從這裡開始你會經過在80和90年代其中一個最受香港移民歡迎的中產社區。留心觀察這個社區和之前的兩個有甚麼分別。住在這裡是怎樣的呢？

- Walk north along Heather Street. Turn right at West 68th Avenue, and walk east until you hit Ash Street. Turn left at Ash Street, then turn right at West 65th Avenue. Walk east along West 65th Avenue until you reach Cambie Street.

沿Heather街向北行，在西68街轉右。走到盡頭就是Ash街；轉左，再在西65街轉右。沿西65街直行直到Cambie街。

**4** Along Cambie Street are mostly properties waiting to be rezoned and reconstructed into mid-rise apartments. Imagine: What will it be like if you have lived here, but that you will have to move out to make way for newer developments?

在Cambie街沿路的很多樓房都是等待拆卸改建成多層公寓的。想像一下：如果你一向住在這裡，但卻因為發展的大趨勢而要遷出，你會有何感想？

- Walk south down Cambie Street and cross Marine Drive at the crosswalk.
- 沿Cambie街向南行，並在行人過路處橫過Marine Drive。

**5** As you walk from here to Westside you will pass by two low-cost housing establishments: Ashdown Gardens and Ashley Mar Housing Co-op. Observe: who are the people living here? What are their needs? What are their concerns? From here you will walk through one of the most popular residential neighbourhoods for immigrants from Hong Kong in the 80s and 90s. Observe how differently this neighbourhood feels than the previous two. What is it like to live here? From here you will walk through one of the most popular residential neighbourhoods for immigrants from Hong Kong in the 80s and 90s. Observe how differently this neighbourhood feels than the previous two. What is it like to live here?

從這裡來回西浸的期間你會經過兩個廉租屋苑：Ashdown Gardens和Ashley Mar Housing Co-op。留心觀察：住在這裡的是甚麼人？他們有些甚麼需要？他們關心的是甚麼事？

- Walk west along SW Marine Drive. Turn left at Ash Street and walk south. Westside will be on your left soon.
- 沿Marine Drive西行。在Ash街轉左，向南行，很快就會到達在你左面的西浸。