



## Walk75: Prayer walk for health

### Let's cover our workplaces in prayer in our 75<sup>th</sup> year...

We are inviting every member to take part in a prayer walk around your hospital or neighbourhood, to pray for Christians in our healthcare services as CMF celebrates its 75<sup>th</sup> anniversary. We're suggesting that activities take any time between July and 20 October (Healthcare Sunday).

#### What would work best for your location?

We want you to take part in the way that works best for your group. It doesn't have to be 75 minutes or 75km if you'd rather do something different. The important thing is that as we get to our 75<sup>th</sup> year, we are prayerful and trusting in our great God. Here are some suggestions:

- A 75-minute prayer walk in stages – perhaps from one local surgery to another.
- Split your location up into distinct areas and ask people to sign up to cover each area in prayer in their own time – this would work well in a busy hospital. You may still want to have a short group event.
- An online 'virtual' prayer walk, with photographs of each location – this would be a good solution for a group that are spread around, such as a rural group.
- A 75km walk over several days – the CMF Nurses and Midwives team are doing a sponsored walk.
- Committing to pray at a certain time for each day during your chosen period of activities.

#### What is prayer walking?

Taking time to walk around an area with your eyes (and your heart) open to what God is saying – committing everything you see to him.

#### How can you let people know what is happening locally?

We'd love to know what you are planning – and if you [fill in the form](#), we'll add your event to the Walk75 map. This will include your contact details so people can get in touch with you. But you'll also be wanting to reach out to Christian colleagues who perhaps are not normally involved in fellowship activities. Once you've registered your event on the map, we will email you with some more resources to help you publicise your prayer walk.

#### Encourage others

Once you've completed your prayer walk, it would be great if you could take a photograph of your group in your location and send it to us so that we can add it to the map. Just ensure geo-location is switched on.

#### Use the resources

There are some great prayer walking resources which we've listed on [the webpage](#). Please do remember that these are resources written for general use, but hospitals and health facilities are sensitive locations, so do ensure that activities are carried out appropriately, and with permission if necessary.

We've also added some suggestions in the pages following.

## Five areas for prayer

Here are five suggested prayer points. You may also wish to sing or read the verse from Timothy Dudley-Smith's famous hymn "Lord, for the years!"

Prayer point	Verse
<p>Thank God for amazing advances in medicine and the blessings we have.</p> <p>Thank God for the vision of those who started the Christian Medical Fellowship 75 years ago, and for the way God has kept and guided us since then.</p> <p>Thank God for the staff and the volunteers who have given so much time over the years and those who are serving today.</p>	<p><i>1 Lord, for the years your love has kept and guided, urged and inspired us, cheered us on our way, sought us and saved us, pardoned and provided: Lord of the years, we bring our thanks today.</i></p>
<p>Praise God for his word. Pray for us to follow God's word, for the work of CMF.</p> <p>Thank God for all the publications, conferences, training tracks, and Catalyst Teams. Thank God for all those who have gone on CMF courses and attended CMF events, pray they would be able to put what they have learned into practice.</p>	<p><i>2 Lord, for that word, the word of life which fires us, speaks to our hearts and sets our souls ablaze, teaches and trains, rebukes us and inspires us: Lord of the word, receive Your people's praise.</i></p>
<p>Pray for the suffering, sick, and bereaved, patients.</p> <p>Pray for the CMF Public Policy team as they work tirelessly to represent Christian values in the media, and also as they carry out research and write papers to give CMF members practical and biblical support around ethical issues.</p>	<p><i>3 Lord, for our land in this our generation, spirits oppressed by pleasure, wealth and care: for young and old, for commonwealth and nation, Lord of our land, be pleased to hear our prayer.</i></p>
<p>Pray for health justice in our world, and those researching into global health issues.</p> <p>Thank God for all those doctors, nurses, and midwives that serve abroad. Pray for CMF's Global team as they seek to serve their colleagues in other countries and resource those considering electives or work overseas.</p>	<p><i>4 Lord, for our world when we disown and doubt him, loveless in strength, and comfortless in pain, hungry and helpless, lost indeed without him: Lord of the world, we pray that Christ may reign.</i></p>
<p>Pray for Christian doctors, nurses, and midwives, thank God for 75 years of CMF.</p> <p>Pray for the future of CMF – for the next generation of Christian health professionals. Pray particularly for the student work and the Juniors Doctor' team – and the staff and volunteers that lead these streams.</p> <p>Pray for a strong response to CMF's 75<sup>th</sup> appeal as funds are much needed to allow CMF to stabilise, grow, and reach 100 years in good health!</p>	<p><i>5 Lord for ourselves; in living power remake us - self on the cross and Christ upon the throne, past put behind us, for the future take us: Lord of our lives, to live for Christ alone.</i></p>

## A prayer for our 75<sup>th</sup> anniversary

Heavenly Father,

As we gather in celebration of the 75th anniversary of the Christian Medical Fellowship, we come before you with hearts filled with gratitude and awe. We thank you for the countless lives touched, healed, and transformed through the work of this fellowship over the past seven and a half decades. You have been our guiding light, our source of strength, and our constant companion through every trial and triumph.

Looking back, we are humbled by your faithfulness. You have walked with us through times of uncertainty, sustained us in moments of doubt, and lifted us up when we stumbled. You have used this fellowship to bring encouragement and challenge, as we bring Christ's love to the broken-hearted and the sick. We praise you for the lives saved, the souls reached, and the communities transformed by your grace working through us.

As we look forward to the future, we pray for your continued guidance and blessing upon the Christian Medical Fellowship. May you raise up the next generation of Christians in healthcare, bold and unashamed of the gospel. May you continue to equip us with wisdom and compassion as we navigate the ever-changing landscape of healthcare. Grant us courage to stand firm in our convictions, humility to serve with grace, and boldness to proclaim your truth in a world that often rejects it.

Father, we ask for your provision for CMF as we embark on the next phase of our journey. Strengthen our bonds of fellowship, deepen our commitment to prayer and worship, and unite us in purpose as we seek to glorify your name in all that we do. Help us to remain steadfast in our mission to integrate our faith with our profession, to advocate for the sanctity of human life, and to be beacons of your love and healing in a broken world.

May your Holy Spirit continue to empower and inspire us, leading us to new heights of service and sacrifice for your kingdom. And may all the glory and honour be yours, now and forevermore.

In Jesus' name we pray,

Amen

## **Bible reflection: How can we live to show Christ in the workplace?**

Colossians 3:1-17 has some wonderful verses that point us to the way that we should live, in order to reflect Christ's love and glory:

### **Living as Those Made Alive in Christ**

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.*

*Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.*

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.*

*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*

## **Bible reflection: How can we learn from Jesus, the great healer?**

Matthew 9:18-38 tells several stories of Jesus and his healing power, and shows his love and compassion. It ends with a call for more workers to follow in his footsteps.

### **Jesus Raises a Dead Girl and Heals a Sick Woman**

*18 While he was saying this, a synagogue leader came and knelt before him and said, "My daughter has just died. But come and put your hand on her, and she will live." 19 Jesus got up and went with him, and so did his disciples.*

*20 Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. 21 She said to herself, "If I only touch his cloak, I will be healed."*

*22 Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed at that moment.*

23 When Jesus entered the synagogue leader's house and saw the noisy crowd and people playing pipes, 24 he said, "Go away. The girl is not dead but asleep." But they laughed at him. 25 After the crowd had been put outside, he went in and took the girl by the hand, and she got up. 26 News of this spread through all that region.

### **Jesus Heals the Blind and the Mute**

27 As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!"

28 When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?"

"Yes, Lord," they replied.

29 Then he touched their eyes and said, "According to your faith let it be done to you"; 30 and their sight was restored. Jesus warned them sternly, "See that no one knows about this." 31 But they went out and spread the news about him all over that region.

32 While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. 33 And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel."

34 But the Pharisees said, "It is by the prince of demons that he drives out demons."

### **The Workers Are Few**

35 Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. 36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful but the workers are few. 38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field."