

## Section 22 - Harold Wood to Upminster Bridge

4.5 miles

**Locations:** Harold Wood, Upminster Bridge, City of London, Liverpool Street, Spitalfields, Mile End, Bromley, Bow, Mill Meads, West Ham, Hornchurch, Upton, Upton Park, Barking, Faircross, Beacontree, Emerson Park and Ardleigh Green.

The prayer walk goes through the borough of Havering. Other boroughs to pray for are Barking & Dagenham, Newham and Tower Hamlets. Pray also for the City of London.

Transport for London information on the London Loop.

<https://tfl.gov.uk/modes/walking/loop-walk>

Inner London Ramblers website page on the London Loop including pdf downloads for maps and helpful information for each section.

[https://innerlondonramblers.org.uk/index.php?option=com\\_content&view=article&id=265&catid=36](https://innerlondonramblers.org.uk/index.php?option=com_content&view=article&id=265&catid=36)

### Interesting Fact

There are wooden works of art created by sculptor Andy Frost along part of this section

### Praise

Lord, we worship you. You alone are worthy of praise and adoration.

### Scripture

“The Lord also said to Moses, “See, I have appointed Bezalel (son of Uri, and grandson of Hur, of the tribe of Judah), and have filled him with the Spirit of God, giving him great wisdom, ability, and skill in constructing the Tabernacle and everything it contains. He is highly capable as an artistic designer of objects made of gold, silver and bronze. He is skilled, too as a jeweller and in carving wood.” Exodus 3:1-5 (TLB)

### Prayer Focus

Thank you Lord for the artistic and cultural heritage in London. We thank you for the creativity of people down the centuries that we still enjoy today in pictures, buildings, furniture, clothing, sculpture, graphic design, interior design, dance and music. We pray for Christians who are involved in the arts and culture of London to

be true to who they are in Christ in all they do and say. We pray for creative inspiration that will draw others to Jesus. Amen

### **The Lord's Prayer**

*In this manner, therefore, pray:*

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom and the power and the glory forever.  
Amen.*

Matthew 6:9-13 (NKJV)

### **Putting on the armour of God**

*"Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit and in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints." Ephesians 6:10-18 (NRSV)*

### **Asking God**

*"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you*

*with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations for ever and ever! Amen.” Ephesians 3:14-20 (NIV)*

*“Afterward I will pour out my Spirit on everyone: Your sons and daughters will proclaim my message; your old people will have dreams, and your young people will see visions. At that time I will pour out my Spirit even on servants, both men and women.” Joel 2:28-29 (GNT)*

*“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and respectful in every way. This is good, and it is acceptable in the sight of God our Saviour, who desires all men to be saved and to come to the knowledge of the truth.” 1 Timothy 2:1-4 (RSV)*

*“If my people will humble themselves and pray, and search for me, and turn from their wicked ways, I will hear them from heaven and forgive their sins and heal their land.” 2 Chronicles 7:14 (TLB)*

*“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” Numbers 6:24-26 (NIV)*