

Focus 1. Recovery Ministries

- Pray for the participants in the recovery groups associated with the Tillman House Resource Center. These include Alcoholics Anonymous, Al-Anon, and Narcotics Anonymous. Fourteen such recovery groups meet at Tillman House every week.
- Pray for family members of those struggling with alcohol and drug addiction.
- Give thanks for a Savior who loves the least, the last and the lost, before they come to love God.

Focus 2. MUST Ministry Food Box Program

- Pray for the households who receive food through the MUST Ministry Food Box Program hosted at Tillman House every Saturday morning.
- Pray for the staff and volunteers who assemble and distribute these food boxes.
- Pray for the individuals and groups who donate money and food to make this program possible.
- Give thanks for a God who promises to provide spiritual food for all who seek it.

Focus 3. Tallatoona Home Energy Assistance Program

- Pray for the recipients of the Low-Income Home Energy Assistance Program (LIHEAP), hosted at Tillman House, who receive assistance with the cost of heating and cooling their homes.
- Pray for those in our community who cannot receive energy assistance, because they have no homes.
- Give thanks for the ability to pay your housing and household utility expenses.

Focus 4. Action Ministries Smart Kids After School Program

- Pray for the fourteen students in grades 1, 2 and 3 from Green Acres Elementary School who receive tutoring assistance three afternoons a week to raise their math and reading skills to grade level.
- Pray for the other students who need tutoring support but are not receiving it because our program is full.
- Pray for the volunteers who give of their time and expertise to help our Smart Kids participants be successful.
- Give thanks for minds and hearts that seek to know a loving God.

Focus 5. MUST Ministry Summer Lunch Program

- Pray for the children in our community whose primary source of daily nourishment is breakfast and lunch provided at school.
- Pray for the parents who struggle to provide adequate food for their families.
- Pray for the volunteers and donors who help make summer lunch available to hungry children.
- Give thanks for the food you have at home.

Focus 6. Care and Counseling Services

- Pray for people in our community, particularly children and youth, who need mental health services, but cannot afford the costs for such services.
- Pray for the mental health providers who split their time between various locations, including Tillman House, to help make mental health services more easily accessible for their clients.
- Give thanks for your access to family, friends and mental health professionals.

Focus 7. Cliff Jordan Continuing Education Center

- Pray for members of our community who are in need of practical tools for personal growth and development, such as money management, healthy eating on a budget, adult literacy, basic math skills, English as a second language, and spiritual formation and growth.
- Pray for the volunteers who welcome and instruct our students.
- Pray for people who have donated funds to cover the cost of teaching and learning materials.

Focus 8. Be Still and Know Anxiety Support Group

- Pray for the people seeking support from God and other people to address their issues of anxiety.
- Pray for the many others whose anxiety or depression or other mental health concerns go untreated due to lack of money or lack of social support for treatment.

Focus 9. The Table at Tillman.

- Pray for the people in our community who have no church experience (the “nones”) and the people who have had one or more bad church experiences (the “dones”).
- Pray for the people of Smyrna First UMC who are planning to start a new church at Tillman House on one Saturday night a month for our friends and neighbors who might never become actively involved in a Sunday morning worship service.
- Pray for volunteers and donors who will provide dinner and the offer of friendship to hurting people and help connect these new friends with Jesus.

It's Dinner.

It's Church.

It's...

Dinner Church.



Smyrna First United Methodist Church



What is Prayer walking?

Prayer walking is a method of intercessory prayer that involves praying on location. Intercessory prayer is prayer on behalf of others. You can certainly engage in intercessory prayer at home but being “on location” may help to focus and intensify your prayers. This prayer walking experience will permit you to combine intercessory prayer with walking to help promote personal health and fitness while we pray for the ongoing needs of our neighbors in the area around our Tillman House Resource Center.

Anyone can be a prayer walker. Prayer walking can be done anywhere, any time and at any pace. For safety reasons, we recommend that prayer walkers travel in groups of two or more and that they remain aware of their surroundings. Please be particularly careful when crossing busy streets. In addition, we advise our prayer walkers to wear comfortable shoes, to dress appropriately for the weather (consider hats, sunscreen, or an umbrella), and to carry a water bottle.

What do I pray about? Who do I pray for? Although prayer walking can be done with any prayer focus, we have put together a suggested list of prayer concerns to include on your walk around the neighborhood surrounding Tillman House. You can pray for anyone along your walking routes and the groups of people or types of needs they represent. Each prayer walk typically includes a series of stops for focused prayer on the needs in the area. You may also pray for the persons living and working along your walking route.