

# Urban Hands



## Teaching the Next Generation to ASK

For the past 6 years, ASK Network in Washington, DC has partnered with the leadership of Urban Hands to work with teams of youth during their week-long camp that includes worship, teaching, and outreach—to some of the neediest and disenfranchised portions of our city.

As a guideline for ASKers desiring to duplicate this program where they live, we share what we did.

### I. Preparation

1. Sought the Lord for a prayer target (such as, college campus, government offices, neighborhood), that could provide focus for a prayer walk.
2. Sought the Lord for specific aspects of our prayer target and developed applicable scripture verses to apply to each aspect.
3. Sought the Lord for a scripture to use in teaching biblical meditation, to be used for the heart preparation time before the prayer walk.
4. Prepared 2 hand-outs: the scripture verse to be used for meditation; and the collection of scripture verses to be used for the prayer walk.

### II. Teaching Format

1. Welcome and introductions (5-10 minutes)
2. Teach principles of biblical meditation (10-15 minutes)
3. Introduce the passage of scripture, distribute the hand-out, read it aloud taking turns. (5 minutes)
4. Pray over the youth, and dismiss them to find a quiet place close by to meditate (20 minutes).
5. Come back together; each one shares at least one thing (a key phrase that “jumped out,” any insights). (20 minutes)
6. Each one prays in the meditation. (15 minutes)
7. 10 minute Break
8. Distribute the hand-out on the prayer walk, read over the scriptures, give prayer walk instructions (10 minutes)
9. Go on the prayer walk (1-2 hours).
10. Gather back briefly and share feedback from the Walk while eating ice cream. (10 minutes)

### III. Art Response

After the prayer walk the youth are asked to express their response to the scriptures or prayer target through painting, drawing, sculpture, etc. It is always a blessing to see their creativity and thoughtfulness. We have had artistic and godly leadership who have facilitated the art response. (1-2hours)