

Prayer Walking



Prayer walking is a way to actively pray while walking in a location that has significance for the subject of your prayers, such as praying in a neighbourhood or a City.

What is Prayer Walking? Prayer walking is, simply, walking while praying. The idea is to walk with God with open eyes, both physically and spiritually. It is a practical way to pray.

Hawthorne and Kendrick define it as, **“praying on-site with insight.”**

When we prayer walk in the presence of the Holy Spirit, God begins to speak to our hearts through what we see with our physical eyes, but then He also gives us a glimpse into His invisible eternal world through our spiritual eyes.

Why should we Prayer walk?

Prayer Walking prepares the way for God’s Holy Spirit to move.

We can become more sensitive to promptings of the Holy Spirit in the area.

Praying can help us to focus on God’s Kingdom purposes and His glory, not “self”.

It can be a practical way to practice focused praying for our homes, our families, our neighbours, our neighbourhood, our city, or our mission field.

How can we Prayer walk?

We can pray while walking through our chosen area. This can be done either silently or aloud...(conversationally if with a group).

We can pray a Scripture-based theme. For example, you can take biblical prayers and recite them or take a photocopy of a Scripture passage with us as we walk.

The main focus as we walk should be on God’s presence. The Holy Spirit may bring something in particular to pray for a person, a home, or a specific area. Follow God!

Tips / Notes: Journal your adventures. Where did you go? What did you and/or your team experience? How did you see God working? Did you experience any answers to prayer? Describe the people you encountered. How did the Holy Spirit lead you to pray? Praying while walking may seem awkward at first, but as you continue to walk and commune with God, it will become more and more natural as you press on.

Background Scriptures: Jesus (**Luke 10:1-2**), Joshua (**Joshua 6**), Abraham (**Genesis 13:14-18**).