

# Prayer Walking

*Prayer walking is as simple as it sounds - praying as you walk. When we prayer walk we are stepping into our authority as God's children to bless people and places in Jesus' name. This simple task is a great way to bring transformation to your local community by asking God to break in.*

## GET STARTED

### KNOW YOUR LOCAL AREA

Know the places and people that make up your local community. What jobs do people do? What ethnicities and social classes live in your area? How many sacred buildings are there?

### KNOW LOCAL PEOPLE

Find out what the needs are in your local community by speaking to those in your area.

### KNOW LOCAL NEEDS

Are there problems with unemployment, crime or poverty in your area? You could put all of this information onto a physical map of your community, or write it down in one place. This will help inform your prayers, and you can add to it the more you prayer walk.

## GET PRAYER WALKING

The core of prayer walking is conversing with God; ask Him to show you what He sees; to know His heart for your community.

Here are some practical suggestions on how to prayer walk effectively:

### START AND END TOGETHER

Agree a place and time to start prayer walking and talking to God together. Begin by explaining why you've gathered to pray, and share specific prayer points, if relevant. If splitting into smaller groups, then agree a place and time to end together.

### TRY GOING IN PAIRS

Jesus sent his disciples out in pairs. It's not as intimidating as a large group, and is safer than people going on their own. If you have a larger group, breaking into pairs can help you to pray for different parts of your area.

### CHOOSE WHETHER OR NOT TO PLAN YOUR ROUTE

You can plan ahead to ensure that you pray for specific places, or simply ask the Holy Spirit to guide your time - just make sure you don't get lost!

### USE YOUR NATURAL AND SUPERNATURAL SENSES

As you prayer walk, be aware of your surroundings: what you see, smell, hear and touch. But also be aware of what God is saying to you as you move around your

community; if any Bible verses pop into your head or if you have any pictures, visions or words of knowledge. Turn these natural and supernatural senses into prayer.

#### **CHOOSE WHETHER TO PRAY SILENTLY OR OUT LOUD**

The point of prayer walking isn't about being seen praying; it's about seeing and praying. You can pray quietly together or in silence if it makes you feel more comfortable. However, don't be afraid to speak out prayers if you feel compelled to.

#### **PRAY FOR OTHERS**

As you prayer walk, the focus is on those who are living in your community so be intentional about praying for God's blessings on what you see and feel. Even in difficult areas, try to pray positively. Focus on God's plans and purposes for the place and people that live there. "Your Kingdom come, your will be done..." is an excellent start.

#### **ENDING WELL**

If you've prayed in different places, meet up at the end to share what you've prayed and heard from God. Write down what you share so that you can keep track of how to pray for your area.

#### **KEEP GOING**

After your prayer walk, keep praying for your community. You might like to arrange specific prayer meetings or further prayer walks for your area. Prayer walking is also a way of claiming a specific area for God. When Joshua and the army were claiming Jericho, God instructed them to walk around the city for six days, and seven times on the seventh day. Why not make your walk a physical prayer by repeating it for a week?

As you keep praying, continue to ask for God's blessing in your area; praying for God's kingdom to come and His Will to be done in your area. If you feel that God is highlighting specific needs or challenges, think about how to take action; how could you and your Church be part of God's solution practically, as well as prayerfully?