



## Guide to Prayer-Walking

What is prayer walking? One simple definition: "Praying on-site with insight." The purpose of prayer walking is to seek God's guidance, mercy, and transforming power—both for the community and for ourselves as God's people in the community.

We would love for you to become more aware of what you see while you walk and pray. This can be an eye-opening experience to witness the miracles God is about to release in your community.

### Practical Steps to Pray

- Invite the Holy Spirit to move in this time of activity,
- Plan your routes ahead of time to cover as much of the area as possible.
- Pray aloud in a quiet, conversational voice, if you feel comfortable doing so. Or pray silently. Don't call attention to yourselves.
- If anyone asks what you are doing, be prepared to respond: "I'm praying God's blessing on this neighborhood. Is there any special way I can pray for you?"
- Although it is not the primary purpose of prayer walking, be open to opportunities to interact with and bless people. This may develop a relationship that could grow over time.
- Plan to walk for about 30 minutes. If you are not comfortable with walking, you can prayer drive around the neighborhood instead.
- Afterwards, reflect on your prayers, observations, and experiences. Process and write it down in a prayer journal. How was your experience? What was the Lord saying to you as you were praying?
- Try inviting believers you know to prayer walk in their communities.

### How to Pray

- Pray for discernment -- Seek the gift of seeing the community through Christ's "lens," and to discern what God is already doing there; ask God to show you how you can pray with greater insight for the people, events, and places in the community.
- Pray for blessing – pray over every person, home, and business you encounter; pray for God's intervention in each life, so that each one can be fruitful in God's kingdom; pray for God's will to be done in this community "as it is in heaven" (Matt. 6:10).
- Pray with empathy -- see and feel what the residents live with every day; offer intercession for those things that express brokenness and grieve God's spirit; give thanks to God for the blessings and gifts that exist in the community.
- Pray from scripture -- prayers based directly on God's word can be especially powerful. You may want to bring a Bible with key passages highlighted, or copy verses onto note cards.

- Pray in God's power -- allow times of silence for God's spirit to speak to you, or through you (Romans 8:26). Ask with confidence in the power of Jesus' name (John 14:12-14). Like the disciples sent out by Christ, we are empowered to push back the darkness (Luke 10:17-18).

## **What to Pray**

- For God's people, the church, to be visible, vocal, and united
- For friendships to be formed in your local community
- For neighboring schools to be a hub where the character of Jesus can be seen; for open doors to serve the school together as a community
- For each neighbor by their name, to know Jesus and make Him known
- For families in the neighborhood to reflect God's family in Heaven
- For local businesses to encounter the love of Jesus
- For Christians to come together and love on their community
- For discipleship to take place in the homes

We hope this document is helpful as you prayer walk your neighborhoods. We also encourage you to keep a prayer journal as your process what God is doing in your community during this season.