

A SHORT GUIDE TO PRAYER WALKING

PRAYER WALKING: WALKING SLOWLY AND TALKING WITH GOD—ALONE OR WITH OTHERS—AS YOU WALK

TWO MAIN TYPES:

1. **Personal prayer time with Jesus:** as you walk, talk with Him about what's on your heart and in your life (including personal and world events, etc.).
2. **Intercessory prayer:** as you walk, pray for the people who live and work in the community you're walking through.

ONE WAY TO STRUCTURE YOUR PRAYER WALK:

Before you walk

- Open in prayer before you head out, giving the entire time to the Lord.
- Ask God to show you what's on His heart for the area you'll be walking through.

As you walk

- Praise God for who He is and what He has done.
- Proclaim the Truth of God over the area.
- Worship God as you walk!
- Intercede for what you see, hear, smell and experience around you.
- Be open to the people God puts in your path.

At the end of your walk

- End with a closing prayer, leaving all that you prayed in the Lord's hands.
- Talk to someone about what God showed you on your prayer walk.
- Set a date for your next prayer walk!

TIPS FOR INTERCESSORY PRAYER WALKING:

- Walk slowly and keep your eyes open.
- Pray for what you see, hear, smell, etc.
- If walking alone, pray silently in your heart or out loud.
- If walking with a partner, use normal conversation voices.
- You can also sing and worship while walking!
- Keep the focus on prayer-try not to chat with your partner.
 - Think of your prayer walk as a mobile prayer meeting.
 - In times of silence, be asking the Lord to show you what's on His heart.
- If you encounter someone during your prayer walk:
 - Take this as a divine appointment and pray silently for them. Don't be afraid to greet them and start a conversation! You can tell them you are praying for the neighborhood and ask if you can pray for them-as the Spirit leads.
- You can decide a route and/or time limit before you head out.
- You can prepare some scripture to pray over the area.

