

## What is Prayer-Walking?

Every mighty movement of God started with a call for His people to pray. Prayer revives the hearts of God's people as it prepares our communities for God's love, grace, and Word to be spread.

Prayer-walking involves us personally taking our prayers to the very places where we desire to see God's presence manifest and our prayers answered.

"When ordinary believers step into the streets to pray effectively for their neighbors, with eyes wide open to real needs and with ears open to the prompting of God's Spirit, intercession becomes an adventure!"

- Graham Kendrick, Prayer-Walking



While prayer-walking, you will find that God opens your eyes and heart to see people and the community from His perspective.

Prayer-walking is an incarnational ministry! Since Jesus' spirit lives in you and works through you, you bring the Kingdom of God and the very presence of Jesus as you go.



## Places to Prayer-Walk:

- Your Neighborhood or Apartment Complex
- Your Workplace
- Your School
- The Areas Adjacent to Your Church
- Local Park or Sports Field
- Local Shopping Area

## What to Pray For:

- More workers to go into God's harvest fields
- Peace & unity in your city
- God's blessings on families around you
- Physical healing for persons in need
- Financial provision for those in need
- Forgiveness for those hurt by others

## How to Prayer-Walk

**Step 1:** Ask the Holy Spirit where He would like for you to prayer-walk today. If you are at work, you could do it over your break time or lunch time, walking and praying around your department, your building, or parking lot.

**Step 2:** Invite God to walk and talk with you! Yes, He's already there, but there is something significant about inviting Him in to share in and lead the experience with you:

- *Ask Him to give you the eyes & mind & heart of Christ.*
- *Ask Him to guide your thoughts & prayers.*
- *Ask Him to show you how to pray for specific people.*

**Step 3:** Start your prayer-walk by taking a deep breath. Let yourself be fully present to enjoy the moment of right now. Listen to the sounds of nature around you: birds chirping, water dripping, the breeze rustling the leaves...

**Step 4:** As you walk, be observant of all you see: people, cars, buildings... Pay attention to the thoughts that come into your mind... Then, simply pray for whatever comes into your mind or heart for the people you see, or for any people that the cars or buildings may remind you of.



## Why Prayer-Walk

“Why can’t I just stay at home or gather at church to pray?” The answer is... you can! And God will hear and respond to your prayers there as He will to the prayers of those who go.

Praying “on location” however, while seeing, feeling, touching, smelling, and hearing helps us pray with more intentionality. After the prayer-walk is over, you will never pray the same way again for the location and the people you met there.

An additional value of prayer-walking has to do with presence. Since Jesus lives within you and the Holy Spirit works through you, there is a sense that your prayer-walking provides light in dark places and salt in unsavory places. If your body really is a “temple of God,” then wherever you go, you represent His Presence there.



Jesus said of His Church that “the gates of hell will not prevail against her.” When Christians actively pray against the work of their enemy, the devil trembles, darkness is penetrated, and the Holy Spirit is revealed in people, families, and communities. Spiritual strongholds of sin and bondage in people’s lives come down as believers intercede for salvation, physical needs, and spiritual wholeness.

## Scripture to Focus your Prayer-Walk:

### PEACE FOR THE CITY

Jeremiah 29:7

### OPEN HEARTS

Acts 16:14

### OPEN DOORS

Colossians 4:3-4

### AUTHORITIES

1 Timothy 2:1-4

### GOD’S FAVOR

Isaiah 61:1-4

### TURNED HEARTS

Luke 1:17

### REMOVED OBSTACLES

Isaiah 57:14

### SPIRIT’S MINISTRY

Ephesians 4:12

### SALVATION

Acts 26:17-18

### HEALING

2 Chronicles 7:14

### KINGDOM ADVANCED

Matthew 11:12