



# 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.

## ***Here's how to 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 contacting or speaking to people living or working within 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** -At this time of isolation you could plan routes with small church groups. Begin by meeting on line, explaining why you've gathered to pray, and share specific prayer points, if relevant.

The Farm by the Water

**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 ALOUD** - 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 working as a group, meet up at the end on line or by phone 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.

If you are unable to leave the house due to isolation take a map of your area and pray over it - name public buildings and residential areas within your prayers.

**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?