



Prayer Everywhere

Prayer Tool:
How To Prayer Walk

What?

A prayer walk is exactly what it sounds like: a walk filled with prayer - stepping out and praying for your community. Prayer walking simply involves walking around your community (either alone or in a group), praying for the places and people you see around you. You may plan to stop at specific locations, or you may just walk and see where the Spirit leads - either way, it's an exciting and engaging way to pray.

This prayer tool will help you to get started.

Why?

'How beautiful on the mountains are the feet of the messenger bringing good news, breaking the news that all's well, proclaiming good times, announcing salvation, telling Zion, "Your God reigns!"'(Isaiah 52:7 The Message)

A quick introduction to Prayer Walking

One of the most effective forms of spiritual warfare is prayer-walking.

In faith we walk, believing that as the soles of our feet hit the ground, we are appropriating the work of Jesus over the principalities and powers influencing the atmosphere and shaping the narratives of our city.

Prayer walking thrusts us out of our church buildings, forcing us to resist the temptation to stay inward-focused, stirring us to keep the mission front and centre. It engages all our senses, rousing us to cry out to God - as we walk with defiant hope into every crack and crevice of our cities.

This walk isn't about praying complicated prayers, tackling spiritual forces or solving social problems, it's about blessing your community with God's life, love and power. It's standing in

your identity as a child of God, and speaking the good things of your Father's Kingdom into being in your local neighbourhood.

Do it: How to Prayer Walk

Before you set out - work out the route or general area you're going to walk (or drive). Either create a route-map for people to follow, or tell them to go wherever God leads them, but to stay within a certain geographical area. Ensure that those who have difficulty walking can still take part in the event, either by praying at base, or by having a short route to walk, with plenty of stopping points. Also, have a wet-weather plan: either ascertain whether people are happy to walk in the rain, or else use maps of the area and pray together somewhere under cover.

Prepare some ideas of locations or things people can pray for while out walking, such as GP surgeries, police stations, retirement homes, fire stations, local shops, schools and the streets people from your church live or work on.

This uses **WALK** as an acronym, and contains 4 simple steps:

W – Worship

As you set off walking begin with your eyes on Jesus. Say the name of Jesus; recite a Psalm; hum a worship song; – basically anything that helps declare the Lordship of Jesus over the streets you walk on.

A – Ask

Flowing from your worship begin petitioning God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and other churches you walk past. Begin to get specific and pray for people and situations, the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.

L – Listen

As you worship and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or prophetic words and pictures; listen for promises and literally walk these promises all over your community. If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts.

K - Know your Land

Get (and keep) yourself informed around the area you are prayer-walking; research some of its history; some of its ongoing problems; so you can pray for breakthrough. Get to know some of the current situations that require persevering prayer and also celebrate the particular graces that rest on the area, asking God to make your area a blessing beyond its borders.

As we walk the streets of our communities, whether on our own or on a church prayer walk, let's resolve to be good news... to be those who carry the blessings of God in our thoughts, words and actions.