

Prayer Walking level 1

Overview

Prayer walking takes us into our cities and neighborhoods as we partner with God to see Him work, opening the hearts of the people we most desire to see Him touch. In prayer walking, God opens *our* eyes to see where He is working while we pray that He opens *their* eyes to Him. Prayer walking can lead to conversations with people about our desires for God to bless them and to heal the problems or injustices in the area they live or work.

Getting Started

- Begin by expressing your vision to others. Include why you want to pray for this neighborhood or part of the city.
- Look for those who are drawn to your vision and invite them to join you. Prayer walking is more enjoyable together and goes better with others. However, one is far better than none.
- Select a time and place to meet in the area that you will begin prayer walking.
- Spend a few minutes at home or in a car to pray together for protection and divine appointments before you begin. Remember that what you are doing is spiritual warfare.
- Divide into walking groups of two or three if you have a larger prayer team.

Walk and Pray

- Act naturally. When you keep your eyes open and walk as you pray out loud, you appear to be simply talking with each other.
- Be observant about the people and places you pass, and reflect on those who work and live in this area.
- Ask God to direct where you walk and show you the needs of this neighborhood.
- Go into shops and talk to owners and staff. Greet people you see as you walk. Ask questions and listen for needs. Reflect on the ways that God may already be working.
- Jesus instructed His followers to offer a blessing (peace), when they enter a home (Luke 10:5). Tell people that you are praying for God to bless them and meet their needs. Ask if they have any needs that you can pray for.

What to Pray

- Ask God to bless people who live or work in this neighborhood. Pray about any area that is not consistent with the way it should be—the way things will be when God's Kingdom comes:
 - jobs and other needs of the poor
 - comfort for those who are suffering and grieving
 - safety for the neighborhood
 - love and protection for the children
 - people learning of the God who loves and protects them

- to heal damaged relationships and that people will discover the Prince of Peace
- to break chains of oppression and addictions and for people to come to know the Healer and to be set free
- Ask for the Holy Spirit to come and to reveal the power and the nature of God's Kingdom through His people and by miracles, signs, and wonders.
- Ask that God will speak to people and draw them to Himself. John 6:44-45
- Pray to identify persons of peace and raise up more workers in the harvest. Luke 10:2

After You have Walked

Spend a few minutes thanking God for working in this neighborhood and for what He revealed to you. Discuss whatever God showed you and what you observed. Write it down so you remember to pray about it next time. Pick the next date, possibly next week, to prayer walk again. Help each other become persistent in prayer as you join with God in preparing hearts to receive Him.