

# Prayer Walking

Prayer Walking is a simple way to obey God's command to pray for others. It is just what it sounds like - praying to God while walking around. Instead of closing our eyes and bowing our heads, we keep our eyes open to the needs we see around us and bow our hearts to ask humbly for God to intervene.

## Importance of Prayer Walking

### **1 Thessalonians 5:17 "Pray without ceasing."**

We all know this is easier said than done. But prayer walking is a great tool to help us cultivate this in our lives. Further, it's no coincidence that those with the most fruit pray the most.

Prayer walking is very beneficial for helping to develop a habit of going through the day in an attitude of prayer. It helps to see things through God's perspective, perceiving the spiritual aspects around you.

In 2 Corinthians 5:7, Paul says, "for we walk by faith, not by sight". We should strive to see our current situation from a spiritual perspective and not just physical. In prayer walking, we pick up clues in the environment that prompt us to pray and see the situation as God intends it to be. It also helps us to live in an attitude of prayer like Paul describes in 1 Thessalonians 5:17 when he says to "pray without ceasing."

Prayer walking is also a good tool for evangelism and finding persons of peace. When prayer walking in the community, you might approach someone and say, "I'm or we're out here praying for this community. Is there something I can pray for you about?" If they share something, you can pray for that, but you can also pray for their health, financial situation, their relationships, and their spiritual life.

People are not used to someone who is not their friends and family being concerned for them, so they will be grateful. Often this opens a spiritual conversation and can result in a chance to share the gospel. If someone seems receptive to the prayer, you might say, "I can see you are a spiritual person. Can you tell me more about your spiritual journey?" Or "Do you have a church you enjoy attending?" Listen to their story. Then this will often lead into you being able to share your testimony and the gospel.

If someone is already a Christian, then you can be casting the vision for a disciple-making movement and invite the person to be trained, to start a three-thirds group, or join an existing three-thirds group.

## **BLESS Prayer**

This prayer can be used to pray for people you meet and offer to pray for them:

- **B**ody (health) - 3 John 1:2
- **L**abor and finances - Psalm 90:17, Philippians 4:19
- **E**motions - Philippians 4:7, Psalm 94:19
- **S**ocial (relationships, family) - John 15:12-13
- **S**piritual - Ephesians 1:15-17

## **Activities Common to Prayer Walking**

### **Praise**

Praise gives glory to Christ and exalts Him to His proper place as Lord of all. The Lord inhabits the praises of His people. God's presence fills the area when we praise, and the demons flee. In Psalm 100, praise is like the entrance into His very presence.

### **Prayer**

In Revelation 8, there was silence in heaven for the coming up of the prayers of the saints. Ephesians 6:18 suggests our main weapon against the enemy is to "pray without ceasing." God can do anything He wants without our help. But He chooses to use the prayers of Christians as the vessel for releasing His power and bringing about victory in the spiritual realm.

- Pray in the Spirit (Ephesians 6:18).
- Pray with your eyes open.
- Pray together with others (Matthew 18:19-20, Leviticus 26:8).
- Pray Scripture passages.
- True fasting has divine results (Isaiah 58).

### **Proclamation**

- God-given scriptures or issues spoken in God-appointed places
- Sharing the gospel

- Prayer Evangelism - involves visiting your neighbors or another community to ask what you can pray for. Often through God answering prayer, a person's heart is opened to hear His truth. (See BLESS prayer)

## Themes for Prayer Walking

- Attempt to keep every prayer pertinent to the specific community you pass through. Occasionally, however, you will find prayers naturally progress to the nation and to the world.
- Use a theme passage of Scripture. For example, you might try 1 Timothy 2:1-8. Many have found it to be a useful launching point for prayer walking. Verse 8 speaks of the important territorial dimension to prayer connected with God's desire that all people be saved. "I want the men in every place to pray"
- Copy this and other passages in a format easy to read aloud several times during your walk. Each of the following prayer points emerges from this passage: concerning Christ, leaders, peace, truth, the gospel, blessing of God, and the Church.

## Getting Started

**JOIN WITH OTHERS.** You can go by yourself, but it is generally better to go with another person. This develops a 3-way dynamic. Even with the newest believer or with a child, their fresh perspective can teach you a lot - you can learn from that. Larger groups can split into pairs or small groups.

### **SET ASIDE A SPECIFIC TIME AND DESIGNATE A SPECIFIC AREA.**

Places you might want to seek out in the area that you are prayer walking:

- Government centers where legislation is made
- Commercial centers where decisions are made for who gets what goods
- Educational centers, especially the president's office and teachers
- Communication centers, such as for media, TV, & radio
- Spiritual centers, both Christian and non-Christian

**LISTEN TO GOD.** We find as we prayer walk that a key ingredient is hearing the voice of the Lord. After all, we are seeking to cooperate with God to pray His desires over an area. We know many of His desires from the Bible, and He will

never contradict His Word. However, in prayer walking we see three specific ways that God gives us insight into what He wants to do.

**Observation:** Seeing garbage on the streets may trigger you to pray against the garbage in people's lives, for example.

**Research:** From research you might find there are specific pockets of crime, injustice, or occult practices which direct you to those places and give you a clear direction for prayer.

**Revelation:** You may get a nudge from the Holy Spirit to pray a certain direction or to pray a certain Scripture. You might even have a vision which reveals something to pray over.

The first time you go prayer walking, observation and revelation are recommended rather than research.

**COORDINATE EFFORTS, REGATHER & REPORT** if you are with a larger group.

## **Other Important Elements of Prayer Walking**

- Unity
- Decide on a leader
- Decide upon specific scriptures to pray in preparation for the prayer walk
- Submission to the Lord
- Humility and obedience
- Persistence