

Prayer Walk Guide

God uniquely places us in particular environments, spaces, and communities to be the light of Jesus to those around us. One way to be the light to our communities is to pray boldly. Prayer walking is a way to see the world around us at a slower pace and to intentionally pray for people around us.

Prayer Walking is a powerful way to engage with others around you. As you walk, you notice your neighbors around you or the person sitting in the cubicle next to you.

Every STEP you take is a chance to pray for something or someone. It's an opportunity to see the world around you in a different way. It's a chance to be guided by the Holy Spirit to take bold steps of faith through prayer. As you walk, talk with God about the things you see and notice, but don't miss what God will say to you.

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."
Ephesians 6:18

Use the S.T.E.P. Acronym to plan your Prayer Walk experience

S - Select a location

What community are you a part of? School. Work. Neighborhood. Ask God to place a particular location on your heart. Listen closely to where God is calling you to walk.

T - Travel with others

Who can you invite to join on the walk? Just like the disciples were sent out in pairs, we can go out with others. Think about the groups of people you "do life with," invite them to walk with you.

E - Engage in your environment

As you walk, what do you notice? Slowing down to walk through your environment will help you pick up on different things to pray about. Maybe you notice chalk drawings on the sidewalk. If so, pray for the family in the house. Maybe you notice nametags outside of office space. If so, pray for that person. Pay attention to the little things you see or hear as you walk. Follow the Holy Spirit's lead to pray for those things.

P - Pray Before, During, and After

Are you covering your time in prayer? Once you select your location, begin praying for your walk. Be expectant about how God will move through you during your walk. During your walk pray out loud, pray with someone in your group, or pray silently. Also leave space to quietly walk and allow God to speak to you. You can be quiet to listen, and at various points say "God, I'm available." Once your walk is complete, take note of what you encountered during your walk so you can continue to pray for the people in that place in the weeks to come.

A Prayer Walk is all about taking one STEP after the other following God's prompting placed on your heart. Take the bold STEP, allow the Holy Spirit to guide you and be the light to the community around you.

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
Matthew 5:14-16

Prayers to Guide your Time

Prayer: Before you Walk

*God,
As we walk, go before us
As we walk, walk with us
As we walk, prepare our hearts
As we walk, open our eyes
As we walk, let us pray boldly
As we walk, go before us.*

Amen

Prayer: For School

*God,
We lift up the students in our school. We pray not only for their knowledge to increase, but their hearts turn to you. We lift up any fears, troubles, hurts that our students may be feeling or thinking at this time. Jesus, you know their hurts, we boldly pray for you to surround them with your love and grace. We lift up the following students (say names of students).*

Amen

Prayer: For your Neighborhood

*Jesus,
We are called to be your light in this world. In the business of life, work, and family help us to pause, to notice, and to engage with the people on our street. God we lift up (insert household names). Jesus we ask for the opportunity to have a meaningful conversation with them. Lord, there are many people we don't know in our neighborhood. We pray for an opportunity to have a meaningful conversation with them. Lord, let us be your light in our neighborhood.*

Amen

Prayer: After your Walk

*Jesus,
As we walked we observed, we prayed, we gave thanks for all that we encountered. Help us to keep our eyes open and hearts ready to pray for those around us. Continue to break our hearts for what breaks your heart. Give us the courage to look for opportunities to be the light for those in our community.*

Amen