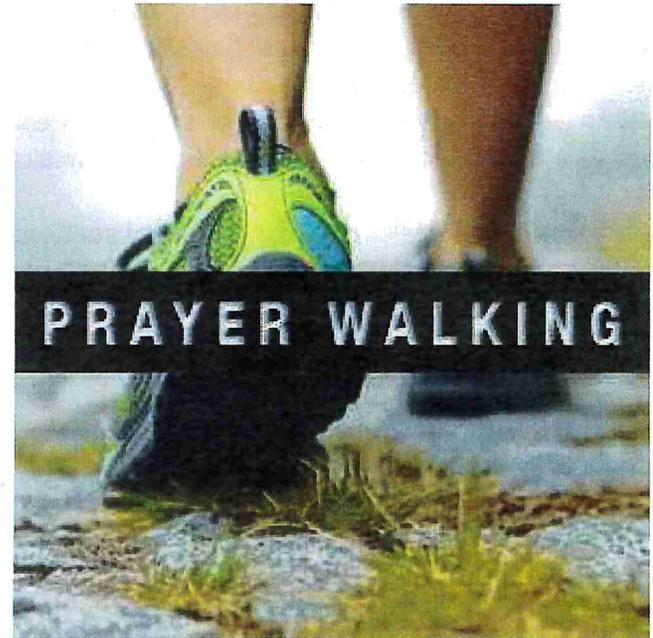


A Walking Guide for Prayer Walking



Edgewood Church of Joy

A Walking Guide for Prayer Walking

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What is prayer walking? It is simply putting feet to your prayers. Instead of sitting, kneeling or standing, you walk as you pray. Your eyes are open to what God has to show you and you pray on purpose for the place you are walking. Some have called it, "Praying On-site with In-sight." Maybe you feel you have two left feet when it comes to something like prayer walking. This short guide is prepared to get you off on the right foot as you get established as a purposeful and successful prayer walker.

This walker's guide is divided into several sections:

- The how's and whys of prayer walking
- Prayer walking in the Bible
- Practical tips for prayer walking
- Inspirational Prayer quotes
- A walker's journal

The How's and Whys of Prayer Walking

Prayer walking is simply praying while you walk. It isn't more spiritual or more powerful than other types of prayer, but it does get you out and into a new territory where you can not only pray but also be shown spiritual guidance and truth. We pray to seek God's face and His will where ever our feet step. We also pray with direction and focus on occasion in order to break strongholds and for spiritual wisdom. Above all we pray for people to come to know Jesus Christ as Lord and Savior, for hearts softened to receive God's eternal truth.

Before we walk, we pray in repentance and in faith believing.

We confess our sins, turning from all evil and declare the Lord over all in our hearts.

We pray that God will examine and search our hearts and to cleanse us from all unrighteousness.

We pray for a closeness to Christ and a oneness with Him that will increase our sensitivity to the needs in us and around us.

We pray for a boldness to proclaim Christ and for open doors of ministry.

We pray for spiritual eyes and ears to see and hear what God is already at work, and what He is doing in our neighborhoods.

In the realm of spiritual warfare, we are mindful of the contrary spirits and territorial spirits who inhabit our neighborhoods. Prayer walking takes the battle to the streets and because of this it is necessary for the intercessor to clothe themselves with the whole armor of God. See Ephesians 6:10-18.

As we walk and pray, whether it is in the community or a public building or in our own homes, we humbly pray in the spirit for God's spirit to be present and to illumine our minds and hearts to see the spiritual warfare that is all around us. When we recognize a stronghold, we can pray against that spirit or spiritual struggle. During a recent prayer walk with some students at the local high school, we were impressed that there was a spirit of suicide in that place.

We prayed that God would bind that spirit and protect the students.

When we pray there are a number of things of which we need to be aware. God tells us in Jeremiah 29:7 to seek the peace of the city in which we are living. We are to pray for the government leaders and those in authority. I Timothy 2:1-4.

We ask God to open the hearts of the community to receive the message of the gospel. And for open doors, opportunities for the church to be salt and light. We must have our eyes and ears open to look for these opportunities as the Lord directs.

We will ask for God's favor and blessing on what we are doing, so that hearts will be turned to the Lord and the hearts of the fathers will be for their children. We pray for the social network and schools and churches of our community, that God would allow the Holy Spirit free reign to move in like a flood and to remove obstacles.

As the church goes into the neighborhood, we realize that we are the body of Christ being built up in love. Jesus said He would establish His church and the gates of hell would not prevail against it.

We also pray in humility and child-like faith for our country. Remembering and claiming the promise of 2 Chronicles 7:14: "If my people who are called by my name will humble themselves and pray and seek my face, and turn from their evil ways, then I will hear from heaven and will forgive their sins and will heal their land." We need God's spirit today more than ever to grant a fresh wind of reconciliation, peace, salvation and revival.

Prayer Walking in the Bible

While prayer walking is not specifically mentioned in the Bible, walking was the primary source of transportation. It is very likely that many of the prayers in the Bible were said while walking.

Enoch was a man who walked with God. Genesis 5:24 One day while they were walking and talking together, God took Enoch home to heaven. It is significant that Enoch did not die but it is also interesting that his great grandson, Noah, was at the time, the only righteous man God could find on the planet. Enoch's life and walk made a difference, especially in his own home. Pray walking demonstrates to our family our commitment to God and our community.

Abraham was called by God to be the father of many nations. He was told by God to "Arise and walk in the land through its length and its width, for I give it to you." Genesis 13:17 Abraham was a man who walked with God and God gave him the land as an inheritance.

Nehemiah prayed and fasted when he heard the news about the poor state of Jerusalem. As he prayed a plan developed in his heart and God established the plans of His man. When Nehemiah got to Jerusalem as the newly appointed governor, he did not tell anyone what he was doing until he walked around the city and looked it over for himself. Since he was such a man of prayer, it is unlikely he went on this strategic journey without the Lord to guide him.

When Joshua and Caleb and the other spies were sent by Moses to search out the new land they were to go with eyes wide open. Again, these mighty men were also prayer warriors. They came back with the confidence

that God would help them take the land. The ten other spies were looking at the problem instead of seeing the God given opportunity. Because of the majority report and the ensuing disobedience, the nation of Israel wandered in the wilderness for 40 years until all but Joshua and Caleb, and the next generation, were left to possess the land.

While prayer walking is not specifically mentioned in the Bible, praying without ceasing is mentioned and we are to be in an attitude of prayer regardless of what we are doing. We are to be constantly in communication with our Lord who resides in each believer in the person of the Holy Spirit. Prayer walking is the natural result of the child of God who obediently walks with God like the patriarchs in the Bible.



Practical Tips for Prayer Walking

Wear comfortable shoes! Dress appropriately for the weather.
Pray and ask God to prepare your heart, your eyes and your ears.
Pray to see, not to be seen, try not to be conspicuous.
When possible walk with others who are like minded.
Keep your eyes open and when on the street, walk against the traffic.
Stay hydrated, take bottled water if possible.
Let someone know the route you plan to take if walking alone.
If someone asks what you are doing, tell them as simply as possible and ask if you can pray for any need in their life or the community.
Stay smart, Do not go into blind alleys, or remote locations. Walk with a friend if possible.
Don't get sidetracked. You can stop at yard sales, but remember why you are there!
Be extra careful when crossing streets and roads because the intercession can be such a focus that you do not see oncoming traffic. Pray for Gods protection and provision as you walk.
Plan where you are going to walk and how long you are going to take. If God leads, you can determine a new plan as you walk, but more often than not, He guides your way as you prepare for the journey.
Remember to journal when you are finished.

Inspirational Prayer Quotes

When man works, man works, but when man prays, God works.

More prayer, more power.

"God does nothing but by prayer and everything with it."
John Wesley

"The greatest tragedy of life is not unanswered prayer, but unoffered prayer." F.B.Meyer

"Pray as if everything depended on God, and work as if everything depended upon man." Francis J. Spellman

"Prayer requires more of the heart than the tongue."
Adam Clarke

"Prayer is where the action is." John Wesley

"We must begin to believe that God, in the mystery of prayer, has entrusted us with a force than can move the Heavenly world, and can bring its power down to earth."
Andrew Murray

"In prayer is is better to have a heart without words than worlds without a heart." John Bunyan

"If you want that splendid power in prayer, you must remain in loving, living, lasting, conscious, practical, abiding union with the Lord Jesus Christ." C.H.S.

"No one is a firmer believer in the power of prayer than the devil; not that he practices it, but he suffers from it."
Guy H. King

"Prayer is not getting man's will done in heaven, but getting God's will done on earth. It is not overcoming God's reluctance but laying hold of God's willingness." Richard Trench.

"Prayer does not fit us for the greater work, prayer is the greater work." Oswald Chambers

"Talking to men for God is a great thing, but talking to God for men is greater still." E.M.B.

A Walker's Journal

As you pray, God will give you insight into the places you go. When you get a strong leading from the Lord, write it down in your journal. As you walk and receive insight and direction you will find it easier to discern the patterns and structure around you. God may give you insight into spiritual forces that you must pray against, or the spirits of unrighteousness in the community. He may lay a house or place on your heart, just continue to pray for that place and ask God each time you walk to show you what to pray for. As you pray for the people you meet, you can ask them for specific requests. Write these requests down in your journal and commit them to prayer. It is also very helpful and encouraging to put the date that prayers are answered, beside your journal entry.