

A Prayer Walking Guide

Do you realize the power of walking and praying **IN** your place of mission?

Many believers around the world have discovered the power of intentionally walking and praying for the people where we are called on mission. It is a surprisingly simple and yet spiritually powerful activity.

In order to go and make disciples, we must learn how to pray with power!

Prayer Walking as Spiritual Warfare

By choosing to take our prayers “onto the streets” (or into the offices / classrooms / gyms / parks / corridors of power), we can engage in powerful spiritual warfare that is on the offensive.

We know that “our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Ephesians 6:12). This means that in order to speak hope and see our communities transformed by the resurrection power of Christ, we need to engage in effective spiritual battle.

By choosing to pray in the place of mission, we can:

- Pray for people and households by name
- Speak God’s blessing over individuals, households, businesses, schools
- Pray Scriptures over your neighbourhood (see below for some verses to start you praying)
- Listen to the Spirit for guidance about how to pray about what is going on around you
- Let God share with you more of His heart for the people of that place
- Gain Jesus’ perspective and strategies for advancing His kingly rule
- Discern and pray against specific enemy strongholds

What to Pray

- Praise God for who He is – name His attributes that seem especially relevant to that place
- Thank God for answers to prayer that you’ve already seen
- Express gratitude for the people and community where you are
- Proclaim the truth of Scripture over your community
- Ask for specific intervention and change where that is needed
- Persistently intercede for salvations – especially people of peace
- In faith look for the presence and power of the Spirit to break out in tangible ways
- Speak blessings wherever you possibly can!

Examples of Bible Verses to Pray

There are so many verses you can pray over your place of mission! Here are some examples to start you off:

- Numbers 6:24-26 – Words of blessing!
- Psalm 33:12 – God to be Lord over the nation
- Psalm 128:1-4 – Blessings upon families
- Proverbs 9:10 – Fear [in a healthy, biblical sense] of God to grow
- Jeremiah 29:7 – Peace and prosperity upon the city
- Daniel 9:19 – Repentance upon the city
- Habakkuk 2:14 – Glory of God to fall
- Matthew 6:9-10 – Prayer: Your Kingdom come!
- Luke 4:18-19 – Jesus to bring freedom
- John 17:11-24 – Believers’ unity, joy, and walk with the Lord
- Acts 2:1-11 – Holy Spirit to fall and bring salvations
- Acts 4:29-31 – Boldness for Christians to share faith
- 2 Timothy 2:1-3 – Leaders and those in authority

Practical Tips for a Prayer Walk

Basically, act normal, pray quietly but out loud where possible, pay very close attention to the prompts and insights of the Holy Spirit, and be ready to stop and interact with people you encounter. Here are a few more tips:

- Use your God given imagination – what could Jesus do in this place?
- Be specific – because specific prayers receive specific answers
- Have a mixture of small, medium, and major prayer requests. That way you are regularly receiving answers to prayer, which encourages you for the bigger asks.
- Listen as much as you talk! Part of the point is to let the Spirit reveal to you what is going on in your community.
- You can do this solo, or in pairs. If you are a larger group, sub-divide into pairs and go in different directions!
- Don’t act weird! If you’re by yourself, just pray quietly! If you’re in a pair, make sure you look like you’re simply out on a walk and having a conversation.
- As you run into people, be friendly, greet them, and be open and ready to stop and chat where that feel appropriate. Jesus is very happy for us to do that!
- Be aware that prayer walking will change your heart too!
- Don’t make it complicated