

PRAYER WALKING

What is prayer walking? It's "praying on-site with insight."

The purpose of prayer walking is to seek the Spirit's guidance, mercy, and transforming power—both for the community and for ourselves, as God's people in a particular context living among a specific pocket of people that we are "one of."

Prayer walking helps us become more aware of our context, more observant of both cultural and spiritual realities. We open our physical eyes and the eyes of our heart and create a space for the Spirit of God to bring illumination and understanding.

Steps for Prayer Walking

1. Think about the primary context Jesus has sent you to. Get in that place for your prayer walk. If possible, invite your partners in mission to prayer walk with you, perhaps a group of 2-4. Think and pray about your routes ahead of time to cover as much of the area as possible.
2. Pray aloud in a quiet conversational voice if you feel comfortable doing so. Or pray silently, letting your prayer partner(s) know what you are praying about.
3. Don't call attention to yourselves. If anyone asks what you are doing, be prepared to respond, "We're praying for God's best for this neighborhood (or name the context appropriately if it's not a neighborhood). Is there anything we can pray about for you?"
4. Although it is not the primary purpose of prayer walking, be open to opportunities that may grow out of your experience that will allow you to interact with and bless people.
5. Plan to walk for about half an hour. Afterward, gather to share your prayers, observations, and experiences. Debrief together. What did you learn about the context? How was God manifest in this experience? How do you pray?

Here are some Prayer Points for Your Prayer Walking Journey :

Pray for discernment. Try to see the neighborhood through Jesus' eyes and discern what God is already doing there. Ask God to show you how you can pray with greater insight for the people, events, and places in the context. Consider:

- **Pain:** Where is the pain in this context? Who is hurting? What would help look like?
- **Power:** Where is the power in this context? Who has influence? How is it being used?
- **Party:** Where are the parties in this context? What gets celebrated?
- **Pennies:** Where is the money in this context? How does it flow? What does that symbolize or mean?