

## Prayer Walking – Action 14:

This year one of the actions asks us to “**go out**” into our communities to pray.

WHEN: During Lent

WHY: We can be distanced from the world when we pray in meetings. Going out and walking the streets in which we live, we can become more aware of the people and the issues that surround us. Walking in closer proximity to our world, we can see as Jesus sees and respond with more focused intercession.

WHAT IT IS: It is walking and talking with God, hearing and heeding His voice, seeing and sensing as He does. Loving our neighbours and lifting them in prayer, asking God to bring blessing, healing and salvation to our community. Graham Kendrick defines prayer walking as “praying on-site with insight”. There is no set pattern or formula. There’s nothing ‘magic’ at all in the footsteps. God’s Spirit is simply helping us to pray with persistent spontaneity in the midst of the very settings in which we expect Him to answer our prayers.

WHO: Everybody!

There are many ways to go about this.

Get together to pray before you go out. Go out in twos and threes for about an hour then come back to share together, pray and share food, have fun, worship – design your own evening (or morning/afternoon)!

Pray for your own street. Go out with friend, neighbour, husband/wife, baby in the buggy, take the dog.

If you know your area well, you may like to drop cards in each house at the beginning of the week to offer prayer, with an address or phone number for prayer requests. Cards could say ‘..... is a local church who are praying for the local community.’ Start thinking about it now and see what creative ideas you can come up with.

### GUIDELINES FOR PRAYER WALKING

(Adapted from ‘Prayerwalking’ by Steve Hawthorne and Graham Kendrick (Creation House, 1993))

#### 1. How

**Choose an area.** Ask God to guide you. The aim is to pray for families, schools, and churches, police, hospitals, whatever you find in your area. Perhaps a prayer walk at your place of work/education. Use elevated points to pray over an area. Linger at specific sites which seem to be key.

**Prepare yourselves** before you go out, that you are in right relationship with each other and God and pray together. Some people may be happier to stay behind to pray for those going out.

**Pray with insight.** Pray for the people you see. Smile, be friendly, and be open to any situations where you could offer prayer. Pray into any local issues you know about. Ask to see the area with God’s eyes, that you might sense what is good and pleasing in His sight as well as what things grieve Him deeply. You don’t need to close your eyes to pray. Look as if you are having a conversation together.

## **2. Focus**

**On God:** On who He is and His promises. Wonder at the things around you and pray for transformation of the things that spoil the beauty of creation.

**On Christ:** Proclaim Him afresh to be the one way, the truth, and the life. Pray that he would be Lord of the neighbourhood and of the lives you see.

**On leaders:** Pray for people responsible in any position of authority – for teachers, police, local politicians and parents.

**On peace:** Cry out for godliness and holiness in God's people, for unity in and across churches to release God's blessing and peace. Pray for church leaders and congregations in other churches that you pass.

**On blessing:** Pray for God's blessing on the houses you walk past. 'Father God, reveal your love and truth today to those who live in this small corner of your broken world. Heal here Lord. May your blessings rest here.'

**3. Report back and prayer** Share with your group or prayer partner what you have experienced and prayed. Share your insights and faith. It will encourage others – as well as yourself. Set plans for further prayer walking.