



FLOURISH COMMUNITIES

Prayer Walking

Spiritual disciplines provide meaningful ways for you to abide in God and be transformed by Him.

Prayer walking is a way to pray “onsite with insight” in the very places and for the very people who are the focus of your prayers. As we walk, we are “on scene” without “making a scene”. Prayer walking engages our bodies, and enlarges our ability to see things the way Jesus sees them. We choose an area of proximity and create a presence for God as we repeatedly walk the same pathways. Prayer walking helps us agree with God as we hear his heart for the specific people and places around us. Prayer walking helps us engage in worship, in blessing others, and in spiritual warfare.

How can you arrange your life in order to develop this spiritual discipline into a regular rhythm?

Tips for Prayer Walking

- Walk with a friend and agree together as you conversationally pray out loud.
- Ask the Holy Spirit to show you what He is doing and what He would like to do. Pray in agreement.
- Carry Scripture with you and pray this specifically during your prayer walk
- Think of themes to pray and vary them day-by-day, such as: joy, freedom from sin, healing, protection
- Create a map of the dwellings immediately around you and put in names/needs as you become aware
- Be persistent and retrace your prayer walks over and over again.
- Be ready to talk with people that God may bring to you as you walk. Let Jesus use you as His ambassador during these “divine appointments”.
- Keep a written record or calendar of your prayer walks/topics, and what you heard from God. Help yourself stay inspired!

Try It

- **Use the Pray as You Go app** online or on your phone. Download the “Walking Prayer” 40-minute guided experience - <https://pray-as-you-go.org/player/prayer%20tools/2827> on your phone and listen as you walk.
- **Drive to key places of influence in your city** and pray for the people and the influence of the organizations. Some examples are: city government buildings, police departments, schools, bars, childcare centers, hospitals.
- **Try praying Psalm 23 for the people of your neighborhood as you pass by each of their apartments or homes. Try this in your workplace, as well.** Some ideas from are: freedom from pressure and busyness that keeps people away from God, ability to know the voice of their Good Shepherd even for the first time, for the desire to come to Jesus to have their souls restored, and their hunger and thirst filled by God alone. That people would desire to let God and His truth guide them to a place of wholeness, and that they would understand the grace and forgiveness He offers. Pray your neighbors or coworkers can recognize Jesus as their Comforter, even in the midst of suffering, grief, or illness. Pray God would draw people to Himself, and that they would enjoy a trusting, intimate, and lasting relationship with Him.

Ideas taken from *Spiritual Disciplines Handbook: Practices That Transform Us*, by Adele Ahlberg Calhoun and www.waymakers.org