

# Simple Guide to Prayer Walking

Prayer changes things, praying together helps us pray better, and praying out in the community opens our eyes and hearts to what God is doing and longs for in our communities.

1. Agree a time and place to meet and brief those coming what will happen.
2. Plan a simple route walking through your community. Consider passing places like the school, parks, businesses, local government offices and homes of congregation members where you can pause outside to pray for them. Plan to end somewhere you can sit together to discuss what you saw and heard (and maybe warm up). A local café is an ideal place to end (makes it enjoyable and support local businesses too). Anyone unable to walk with you could pray and meet you at the café.
3. At the start get each person to say a very simple prayer aloud eg 'Dear God please bless the people who live in these houses. Amen' (I know many aren't used to praying aloud but if it's simple and you all have a go it they will be able to do it!)
4. Tell people to have their eyes and ears open to just notice things – who do you see? What catches your eye? God is already at work out and about in our communities – as we pray and notice we want to bless and join in what He is already doing.
5. Walk for a few minutes then stop on a street corner or place of interest and pause to pray and notice. Take it in turns at each stop to pray simple prayers out loud. (You can also use verses from the bible to read out – examples below, or some set prayers)
6. Try to avoid excessive 'chatting' – it's easy to slip into this as we walk – and we can do the catching up with each other at the end; but do talk about what God might be saying or issues and people needing prayer.
7. Don't make it too long! Better to finish with people saying – we could have done more.
8. At the café (or wherever you end up) ask everyone to share what they noticed. Are there any themes you can detect? What is God saying and where might He be at work? Do some kind of 'finishing prayer' to wrap up the formal part of the session so that people can then enjoy the chatting and catching up.
9. Ask people if they would like to do it again – and have a possible date/idea ready – eg monthly, or for several days during Thy Kingdom Come. Also ask if they can invite anyone else to join you.
10. Thank God for His goodness and everyone who came – it is SOOOO much better doing this with others.

*The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.* NUMBERS 6:24-26

## SCRIPTURES FOR PRAYER WALKING (read them out loud and respond to them)

“I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Saviour, who wants all men to be saved and to come to a knowledge of the truth” (1 Timothy 2:1-4).

“Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper.” (Jeremiah 29:7)

“May God be gracious to us and bless us and make his face shine upon us, that your ways may be known on earth, your salvation among all nations. May the peoples praise you, O God; may all the peoples praise you” (Psalm 67:1-3).

“A voice of one calling: ‘In the desert prepare the way for the LORD; make straight in the wilderness a highway for our God. Every valley shall be raised up, every mountain and hill made low; the rough ground shall become level, the rugged places a plain. And the glory of the LORD will be revealed, and all mankind will see it. For the mouth of the LORD has spoken’” (Isaiah 40:3-5). “

“Let this be written for a future generation, that a people not yet created may praise the LORD: ‘The LORD looked down from his sanctuary on high, from heaven he viewed the earth, to hear the groans of the prisoners and released those condemned to death’” (Psalm 102:18-20).

“This is good, and pleases God our Saviour, <sup>4</sup> who wants all people to be saved and to come to a knowledge of the truth. <sup>5</sup> For there is one God and one mediator between God and mankind, the man Christ Jesus,” (1 Timothy 2:3-5)

“Father, hallowed be your name, your kingdom come. Give us this day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation” (Luke 11:2-4).

“The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field” (Luke 10:2).

Book: *Awakening Our Cities For God. A Guide To Prayer Walking* by Steve Hawthorne & Graham Kendrick



If you would like more information or someone to come with you to get started contact the Mission Team – we’d love to join you.

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<https://www.peterborough-diocese.org.uk/aboutus/diocesan-staff-teams/mission-growth-team-8835.php>