

PRAYER WALKING

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favor and the day of the vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion – to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.” Isaiah 61:1-3

How would our neighborhoods, homes, schools, and workplaces look like if we lived “on earth as it is in heaven”? As you walk and pray, believe for Good News to be proclaimed and for freedom, comfort, and joy to be the “new normal” in your community!

How do we prayer walk?

- Alone or with a family member (respecting the social distancing instructions). Your kids are awesome prayer walkers;
- Audibly or quietly;
- Bring a Bible or use your phone to read and/or pray Scriptures (sample passages below);
- Be alert and sensitive to how God will lead your prayers (and keep your eyes open!);

What to pray for?

- Pray for local schools and the new school year;
- As you walk by houses, pray for the families, for the children, for marriages and the elderly;
- Pray for businesses, government leaders and churches;
- Pray for school staff members;
- Pray for the first responders and hospital workers;
- Pray for unbelievers, that they experience transformation through the love of God;
- Pray for believers, that we are encouraged in our faith;
- Be ready to interact with people, listen to them and maybe ask if you can pray for them. This could be your chance to engage with people and have spiritual conversations with your unbelieving neighbors.

Scriptures for reading/praying during the walk:

Joshua 24:15; 1 Timothy 2:1-4; Isaiah 61:1-4; 2 Chronicles 7:14; Psalm 23; Psalm 91; Ephesians 6:10-20

Debriefing Time:

We encourage you to take time as a family to discuss some of the following questions after you return to your home. This time will be helpful in better understanding how prayer walking might become a regular practice you have as a family or individual.

- What was your favorite part of our prayer walk?
- What was difficult about prayer walking?
- How did you see God at work?
- Did you have any conversations with neighbors? Any insights from those conversations?
- How could we continue to pray or minister to our neighborhood?