

Prayer Walking Tips

- **Pray for Direction**—Prayer originates with God, so talk with Him about how to get started (“Call to me and I will answer you. . . .” Jer. 33:3), and where he would you walk and pray (“. . . Your ears will hear a voice behind you saying, ‘This is the way, walk in it’” Is. 30:21).
- **Get Cleaned Up**—Before you can pray for others, you need to be in right relationship with God. Allow the Holy Spirit time to examine your heart, confess any known sin, and accept God’s forgiveness. Then you will be a clean vessel ready for God’s use in prayer (“Search me, O God, and know my heart. . . .” Ps. 139: 23-24). “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9
- **Get Dressed**—Wear your normal, season appropriate clothes, comfortable for walking. Use a stroller for your little ones and bring snacks, books, etc. to help keep them at peace.
- **Start Where You Are**—Don’t worry about what others may think of you or the exact words you use (“Don not fear the reproach of men. . . .” Is. 51:7). Lean on the Holy Spirit (“In the same way, the Spirit helps us in our weakness. . . .” Rs. 8: 26-27). As you walk around your neighborhood, ask God to give eyes to see your neighbors as He sees them. Pray silently or aloud with others as the Lord gives you insight to what you see (i.e. children’s playset, bikes, well-groomed homes or lacking TLC, ramps, stairs, etc.)
- **Use Scripture**—To keep your prayers biblical, spend time reading the Bible. Memorizing Scripture is helpful or carrying a few verses with you on index cards. “So is my word that goes out from my mouth; it will not return to me empty, but will accomplish what I desire and achieve the purpose for which you sent it,” (Is. 55:11).
- **Thank God that He loves your unsaved neighbors and pray they would believe in Jesus**—Ask the Lord to bring them out of darkness (Col. 1: 13-14). Pray for them to be released from whatever hinders their faith (2 Tim. 2: 25-26). Remember God “is able to do immeasurably more than all we ask or imagine” (Eph. 3:20), so pray believing God will answer.

Prayer 101, What Every Intercessor Needs to Know by Elaine Helms, p. 144-146

Taken from North American Mission Board’s website: www.namb.net/prayer-walking-tips/