

# **GUIDELINES FOR A PRAYER WALK**

*Walking and talking to God*

**Walk alone or with a small group in one accord.  
You may want to walk with your Bible and a notebook.  
Prayer walking is "intercession on location."**

Prayer helps to usher in the healing and restoring work of Christ's Kingdom.  
Prayer power increases with each person added.

**Be exalted, O God, above the heavens, and let Your glory be over all the earth.  
Psalm 108:5**

- 1. As you walk, PRAY! Keep your spiritual eyes and ears open. Listen.**
- 2. Gather your impressions, visions, words, thoughts, and record them.**
- 3. Walk slower than you would normally. Take slow steps and open your heart and mind to the mind of God. Invite God to join you and speak to Him with words or in silence. Let each step be joined with a prayer. Then listen to what He says.**
- 4. Be mindful, as you walk, that you are walking on holy ground and that the presence of the Lord is with you. Notice anything that strikes you as important, that catches your attention. Acknowledge the importance of the moment and the blessing from God.**
- 5. The following scriptures may be helpful as you begin: (*in fact, they are words we have received while prayer walking*).**

Isa.43:1 But now, this is what the LORD says -  
He who created you, O Jacob,  
He who formed you, O Israel:  
"Fear not, for I have redeemed you;  
I have summoned you by name; you are Mine."

8 Lead out those who have eyes but are blind  
who have ears but are deaf.

19 See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the desert  
and streams in the wasteland.

I Pet 1:7 The end of all things is near.  
Therefore be clear minded and self-controlled so that you can pray.

Isa 51:3 The Lord will surely comfort Zion  
and will look with compassion on all her ruins;  
He will make her deserts like Eden,

her wastelands like the garden of the Lord.  
Joy and gladness will be found in her,  
Thanksgiving and the sound of singing.

Isa.58:6 Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free and break every yoke?  
Is it not to share your food with the hungry  
and to provide the poor wanderer with shelter -  
when you see the naked, to clothe him,  
and not to turn away from your own flesh and blood?

Psa 107:20 He sent forth His word and healed them;  
He rescued them from the grave.

Psa 43:3 Send forth Your light and Your truth  
Let them guide me;  
Let them bring me to Your holy mountain,  
to the place where You dwell.

Col 2:10 You have been given fullness in Christ  
who is the head over every power and authority.

Isa 38:5 This is what the Lord, the God of your father David, says:  
"I have heard your prayer and seen your tears;  
I will add to your life."

## **6. Concerns for Prayer**

**As God prompts you, you may intercede, praise, give thanks, rejoice, sing, receive, or whatever God initiates. Feel a freedom to respond to Him with every step.**