

*"I am giving you every square inch of the land you set your foot on." - Joshua 1:3*

## **A Quick Introduction to Prayer Walking**

Prayer walking thrusts us out of our church buildings and group meetings, forcing us to resist the temptation to stay inward-focused, stirring us to keep the mission front and center. It engages all our senses, rousing us to cry out to God - as we walk with defiant hope into every crack and crevice of our cities.

In faith we walk, believing that as the soles of our feet hit the ground, we are appropriating the work of Jesus over the principalities and powers influencing the atmosphere and shaping the narratives of our region.

## **How to Prayer Walk**

### **W - Worship**

As you set off walking, begin with your eyes on Jesus. Say the name of Jesus; recite a Psalm; sing a worship song; speak quietly in tongues - basically anything that helps declare the Lordship of Jesus over the streets you walk on.

### **A - Ask**

Flowing from your worship, begin asking God for His Spirit to fall on the streets you walk on, the homes, businesses, schools, and other churches you walk past.

Get specific and pray for people and situations. Pray for the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.

### **L - Listen**

As you worship and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or words and pictures; listen for promises and literally walk these promises all over your community.

If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts.

### **K - Know Your Land**

Get (and keep) yourself informed around the area you are prayer-walking; research some of its history; some of its ongoing problems; so you can pray for breakthrough. Get to know some of the current situations that require persevering prayer and also celebrate the particular graces that rest on the area, asking God to make your area a blessing beyond its borders.