

# Prayer Walking

*A helpful form of prayer in a “Stay at Home” season*

*“There is not a square inch in the whole domain of our human existence over which Christ, who is Sovereign over all, does not cry, ‘Mine!’”*

*Abraham Kuyper*

*“I am giving you every square inch of the land you set your foot on.”*

*Joshua 1:3 – The Message*

A fun and very effective form of mission focused prayer is prayer-walking.

Inspired by God’s promise to Joshua, we can walk the victory of Jesus into every part of our neighborhoods, city and nation. When we walk in faith, 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 culture. We can also ask for the healing for our nation during this crisis and pray specifically for those who live around us.

Each step we take in Jesus’ name, weakens the enemy’s grip in the Heavenly realms. Prayer walking engages all our senses, rousing us to cry out to God as we walk with defiant hope into every crack and crevice of our community.

Now, more than ever, we need to be paying attention to what God is doing in the world around us. While we walk, praying for victory, let us remember the way that victory was won by Jesus himself – through sacrificial, self-emptying, love.

As you walk your neighborhood, consider those who live in the homes around yours; walk past the schools; notice the places of business, or facilities that care for others. In each location, ask the Holy Spirit to prompt you with prayers that are important in this moment.

An easy way to begin prayerwalking is to use the word, WALK as an acronym, with these 4 simple steps:

**W**orship: As you set off walking, begin with your eyes on Jesus. Say the name of Jesus; recite a Psalm; hum a worship song; anything that helps you declare the Lordship of Jesus over the streets you are walking on.

**A**sk: Flowing from your worship, begin petitioning God for His Spirit to fall on the streets you are walking: the homes, businesses, schools and churches you walk past. Be specific and pray for the people and situations that come to mind.

**L**isten: Leave space in your walk to listen to what God is saying to you and then pray that back. God may give you promises from scripture, prophetic words or pictures; listen for these and continue to pray them out over time, each day that you walk.

**K**now: Get (and keep) yourself informed about the areas you are prayer-walking. You may want to join the “Nextdoor” app and begin to follow the needs and concerns of your neighborhood. Pray for these as you walk. Consider taking some cards with you that can be placed on your neighbor’s doorstep. These could include an offer to pray for them, with your contact info, in case they need someone to call, or whatever other creative ideas you may have.

***Remember in this unique season to only walk with your housemates / family, or to enjoy this time out on your own. Keep your distance from others, but always be willing to offer a friendly wave or smile to those who are out and about as well.***

*More Prayer Resources are available at [www.MorePrayer.org](http://www.MorePrayer.org)*