Prayer Walking: A Quick Guide

Created for the ETBU Intercessory Prayer Ministry

Prayer-walking is a method of intercessory prayer that involves walking while praying on location: *“Praying on-site with insight!” – Steve Dawson*

As you walk and pray you will be a person of secret influence. *“This is not just walking around. It is not even walking around thinking about things. This is walking around getting stuff DONE!” – Dr. Jeremy Greer*

Prayer walking is *“ordinary believers stepping into the streets to pray effectively for their [community]. With eyes wide open to real needs and with ears open to the promptings of God’s Spirit, intercession becomes an adventure.” - Graham Kendrick*

Be sensitive.

Attune yourself to the Holy Spirit as you walk and be ready to follow His prompting. Perhaps you will encounter someone who needs prayer. Whether you stop and engage or pass by with a cheerful smile and silent prayers, only God knows the appropriate choice in that moment. Listen as you keep in step with Him.

Be brave.

There is no wrong way to prayer walk. Pave a spiritual path for yourself as you go. Simply begin. This is a practice, a habit, a rhythm – not an achievement or a chore.

Be clean.

Through scripture and confession, make sure you are in a right relationship with God so that He can move in and through you to accomplish what only He can for His glory. It may be helpful to have a passage of Scripture handy on a card/phone/playlist.

Be thankful.

*“Thanksgiving always precedes the miracle.” – Ann Voskamp*

As you enjoy the changes of scenery and pace, intentionally allow your surroundings and thoughts to spark thanksgiving to God for all that He has done.

Be you.

Walk wherever you like for as little or as long as you wish. Consider praying for the people who are working/learning/living in the buildings you pass. With your unique perspective as you pray “on-site with insight” your efforts will honor the Lord, and bless our community.