



# How to Do a Prayer Walk

All missional activity starts with paying attention to what God is already doing. Prayer walking is a simply a way to begin doing this.

Jesus said he only did what he saw his Father doing (John 5:19). As we prayer walk our neighborhoods, we imitate Jesus by asking to see what our Father is doing.

You can prayer walk by yourself, but it's lots of fun to do it with your friends, small group, or missional community.

## Before your prayer walk:

1. **Plan a time** for your prayer walk. You'll want to set aside approximately 90 minutes.
2. On the day of your prayer walk, gather everyone together, and **create groups** of 2-4 people.
3. **Cast vision** for the prayer walk:
  - We want to notice what God is already doing here.
  - We'll be paying attention to what God is showing us *and* praying quietly for his kingdom to come here.
  - Ask God to show you what it would look like if his kingdom came more fully here.
  - Ask God to show you his heart for the people you encounter.
  - Be "normal" - it will just look like we are taking a walk.
  - Be open to interaction: say hello, meet someone new, stopp for a conversation, etc.
  - Pay attention to any impressions God gives you as you walk:
    - pictures, scriptures, feelings, anything you notice, even bodily sensations.
4. **Pray together** as a group before you go, asking God to show you what he sees and feels while you walk.
5. **Agree on a time for everyone to be back** to debrief (30-60 minutes)

*(You can hand out copies of the following page as a "cheat-sheet" to help people as they prayer walk.)*



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## During your prayer walk:

1. **Set a timer** or alarm to make sure you're back on time to debrief!
2. **Move out** in small groups (2-4 people) in different directions, so you don't look like a big herd of people :)
3. **Walk and pray!**
  - Ask God to bring his kingdom more fully here.
  - Ask God to show you what he is doing here.
  - Be "normal" and friendly
  - Make note of anything you feel God is showing you, using the space below if you like:

## After your prayer walk:

1. **Share with one another** about your experiences on the prayer walk.
  - Share any impressions you feel God gave you
  - Share any interesting interactions with people
  - Share frustrations or difficulties
  - Share any breakthroughs or insights
2. **Pray together** at the end for the neighborhood you prayer walked.