

# How to Do a Prayer Walk

The earliest image in the Bible for the kind of relationship He wants with us is walking with Him. In the book of Genesis, God is pictured as walking in the Garden of Eden, looking for Adam and Eve in the cool of the day even though they were hiding from Him.

Rather than remaining distant from God, Jesus has made a way for us to be restored to God spiritually by learning to trust and walk with Him in our daily life. In the book of Galatians, Paul describes our new life in Christ this way—“***if you live by the Spirit, keep in step with the Spirit***” (Galatians 5:25).

One creative spiritual disciple that can help us learn to walk with God more closely is called a “prayer walk.” It’s a time of intentionally walking (or jogging) through our neighborhood to spend time with God, to talk with Him about what is going on in our lives and pray for our neighbors.

No, you don’t have to close your eyes to pray! We don’t want anyone to run into a mailbox or tree! We are called to pray continually (1 Thessalonians 5:17) and this doesn’t mean being super religious with our eyes closed. It means communing with God wherever you are. Prayer walking can help us learn to be more intentional about connecting with Him and asking God to move in the lives of those around us.

The neighborhood you live in is not an accident. God has placed you there to be a good neighbor and light to those around you. A great place to start is by praying for them. Pick a time that works for you and try following the simple acronym, **WALK**.

- **W:** Walk **WITH** God. Ask God to increase your awareness of His presence in your life and talk to Him about your needs and concerns.
- **A: Appreciate** God’s presence in your life and the gifts He’s given you. Getting outside in our neighborhood, helps us remember He is the creator and we are part of His creation.
- **L: Listen:** Listen for what God wants to say to you about how you can live more in step with His Spirit and ways you can make a difference in the lives of others close to you.
- **K: Keep** asking for people in your neighborhood to come to know the love of Jesus and for opportunities to show them His love.