

How to Do a Prayer Walk

In the Bible, the earliest and most intimate picture of a relationship with God is the description of God walking with His creation, humankind. This gives us the image of a Father walking and conversing with His child. What an amazing relationship Adam and Eve shared with our God before sin entered the world! Unfortunately, that sin caused an insurmountable rift that we as humanity could never fully bridge by ourselves. We needed a Savior. We still do.

Thankfully, God didn't leave us forever adrift from Him. Rather, He sent Jesus to take our place and remove our sins. He made a way for us to have a restored relationship with God. Through this renewed connection, we can grow spiritually by learning to trust and walk with Him daily. In the book of Galatians, Paul encourages our new life in Christ by saying, "if you live by the Spirit, keep in step with the Spirit" (Galatians 5:25).

One creative practice that can help you have a deeper relationship with God is called a "prayer walk." It's a time of intentionally walking (or jogging) through your neighborhood to spend time with God, to talk with Him about what is going on in your life and to pray for your 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 (I Thessalonians 5:17), and this doesn't mean being super religious with your eyes closed all the time. It means communing with God wherever you are. "Prayer walking" can help you learn to be more deliberate about connecting with God and asking Him to move in the lives of those around you.

The neighborhood where you live is not by accident. God has placed you there to be a good neighbor and a 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 your neighborhood helps you remember that He is the creator, and you 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 to find ways in which you can make a difference in the lives of others.

K: Keep asking for people in your neighborhood to come to know the love of Jesus and for opportunities to show them His love.

Praying for your Neighbors

Try Doing a Prayer Walk once a Week for 10-20 minutes
Write down the names of your neighbors near you to better pray for them



Things to Pray about for your Neighbors

Prayer Topic	Bible Verse	Prayer Focus
1. Physical	Isaiah 38:16	For physical healing, needs, and protection
2. Mental	Isaiah 26:3	For God's truth and promises to bring hope and breakthrough
Emotional	Philippians 4:6-9	For God's presence to bring peace, comfort, support, community
4. Financial	Matthew 6:25-34	For God to provide for financial needs and relieve anxiety
5. Spiritual	2 Corinthians 4:4	For God to open minds and hearts to the Gospel
Relational	John 14:26	For God to bring grace to families and comfort the lonely