



An Introduction to Prayer Walking

(Welcome)

For some people prayer walking might be a new concept. But we are keen to introduce and encourage this as a way to pray for your locality, community or village by physically walking. You can of course also pray without leaving your front door!

Begin by imagining the immediate village or area you live in. Take a walk in your mind around the streets, into the shop or the churchyard; stand outside the school gates, pass the village hall or playground, stroll along the footpaths or through the fields of your local farm.

Who might you pass on your way?

What might you notice on your route?

(Worship)

In your mind, go back to a point on the route you have just imagined and stand (or sit) for a while. Invite Jesus to be present standing beside you there as you find your Bible and begin to read out some verses..... Psalms are a good place to start.

We suggest Psalm 100 or Psalm 24:1-2 as possibilities to start you off.

Thank God and Praise Him as you take time to reflect on what you are reading or have read.

(Word)

Two passages which offer further possibilities for reflection if you would like to at this point
- [Numbers 13:1-30](#) Moses sends men from the tribes of Israel to explore the land of Canaan. How they see the land and its challenges - or opportunities - is dependent on their perspective of how they see God

- [John 24:13-32](#). Jesus spent his life on earth walking, chatting, meeting people and serving their needs. Here the resurrected Jesus walks the road with his grieving and bemused disciples, listening to their thoughts, entering into their situation and revealing himself to them - as He still does today.

(Witness 1 - Preparation)

If you are able, draw a sketch of your locality, (it doesn't have to be too artistic!) or get hold of a map to look at if you have one

Make a list on a piece of paper of significant amenities in your village, or events that take place Make a list of people you may know, maybe only by sight - dog walkers who pass your window, families you may have seen in their gardens or on their way to the shops.





(Witness 2 - Action)

With your lists, your map and your Bible, begin to sit and reflect, walking through the locality again in your mind, asking the Holy Spirit to guide you in your thinking and praying.

You may find yourself pausing in certain places to take a longer look. It may be outside the school gates for example, or outside a house where you have no idea who the occupants are - it doesn't matter, God knows what goes on behind those doors.

Begin to pray. A simple way to start if you haven't done this before is to pray "Thy Kingdom come, Thy will be done, here as in heaven". Or to have your psalm verses at hand to inspire your prayer, continuing to ask the Holy Spirit for insight. If you have a thought - follow it.

Don't be anxious or nervous, keep prayers simple, no special language needed. Like the exercise we get when we do stretch our legs outside (if we are mobile), practising prayer walking will find us becoming more able to concentrate and pray for longer.

(Witness 3 - Follow up)

It's good to have a notebook to note down any thoughts, ideas, unexpected things you notice or prayers you find yourself praying. You can then return to them and continue to pray, or watch themes unfold as you repeat this exercise regularly.

You may be able to continue to pray throughout the rest of the day for anything that remains on your mind and share it if you feel it's important with others who pray. Don't dismiss thoughts that continue to return - it may well be the Holy Spirit drawing more attention to a person, place or situation.

Don't be afraid to be bold and specific in prayer.

Sometimes it's good to pause and reflect - what would the Kingdom of God look like here? Ponder on words - such as light, hope, joy, restoration - and begin to pray for those, jotting your own ideas and reflections in your notebook.

Finish each session with a declaration - speak it out loudly from your front room directing it over the village. You can search for these verses yourself, again Psalms are always a good place to start - for example Psalm 136:1 "..... (name of your village) Give thanks to the Lord, for He is good. His love endures forever. Amen"

Repeat this as often as you feel able, and if you are physically able, when you are out and about. You will enjoy it, as God surprises you with insights, brings people across your path, brings to your notice things you've never seen before, and answers prayer.

We look forward to hearing stories of God at work – if you'd like to share email;

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