

PRAYER WALKING GUIDE

Why Prayer Walk?

1. If we ask anything that is within God's will, He will give it to us! (1 John 5:14-15)
2. It pleases God for us to pray for others (1 Timothy 2:1-4)

How to Prayer Walk:

1. **Organize** – Leave together in groups of 2 to 4 people. Trade off speaking or pray silently as you walk. Have a plan of where you are going and for how long.
2. **Posture** – Act casual, speak as though speaking to a friend, address God directly, spend time listening and observing your surroundings.
3. **Avoid** – Drawing too much attention to yourselves, talking instead of praying, day dreaming, praying without purpose. Its ok to pray with your head up and eyes open!
4. **Stop and Talk** – Ask people you meet what their needs are. Talk to them! Pray for them! Help them if it is in your ability (James 2:16).

A Method for Prayer – the Lord's Prayer (Matthew 6:9-15)



Palm – Relationship

"Our Father in heaven, hallowed be Your name"

Pray – Address God as your Father. Thank him for His relationship to you and praise Him for His holiness



Thumb – Kingdom

"Your kingdom come,"

Pray – Ask God to unite His heavenly kingdom with this neighborhood/city/campus. Observe the brokenness, the needs, and the spiritual climate around you, and pray for what you see and feel.



Index Finger – Surrender

"Your will be done, on earth as it is in heaven"

Pray – Pray as Jesus did that God's will be done and not ours. What does God want to do in this city? Search out God's desires and Pray for what you know is God's will.



Middle Finger – Ask

"Give us this day our daily bread"

Pray – Ask God to provide for those around you and thank Him for the ways He provides. This can be things like, safety, food, finances, health, etc.



Ring Finger – Confess

"and forgive us our debts, as we also have forgiven our debtors"

Pray – Remember how you were forgiven through Jesus life, death, and resurrection. Pray for forgiveness and unity in the communities you are a part of.



Pinky – Protection

"And lead us not into temptation, but deliver us from evil"

Pray – Pray that evil forces would be restrained from interfering with God's plans. Ask that temptation would be kept far from us.

Pray BLESS for People – Ask God to bless their **Body, Labors, Emotions, Social life, Salvation**