



Prayer Walking Training Guide

A Prayer Journey: Going somewhere - around the corner or around the world - for intercessory prayer on location.

Prayer Walking: A strategy of intercessory prayer that involves walking while praying at the location of the Prayer Journey. Prayer walking is simply intercessory prayer on the move; whether walking, riding, jogging, boating, biking, etc.

Biblical Basis: The term "Prayer Walking" does not appear in the Bible. It is a strategy for the principle of unceasing, intercessory prayer. The Bible speaks often of unceasing prayer - Luke 18:1, Luke 21:36, Acts 1:14, Ephesians 6:18, Colossians 1:3, 1 Thessalonians 5:17.

Therefore, Prayer Walking is...

Intercession: Intercession is a biblical priority (1 Timothy 2:1-8). Of the prayers in the Bible where we know what the answer is, 78 percent are prayers of intercession for others, while 22 percent are prayers of petition (for self). Prayer Walking is a method of the biblical priority of intercession; prayed to the Father, in the name of the Son, in and with the Holy Spirit.

On location: Just as Jesus prayed on location (John 11:1-46) and sent His disciples to pray on location (Luke 10:1-3, so should we. Is praying on location more effective than praying at home? Not necessarily, but we can gain insight that we might not be able to get at home. **"Prayer Walkers are on scene without making a scene."**

With information: When we go to a new location, especially outside of our comfort zone or across a cultural barrier, our eyes and ears provide us with new information. Prayer Walking adds the five senses as a means of God's revelation.

In cooperation: As we pray we do so in cooperation with each other (Amos 3:3, Acts 12:5-16), with non-present prayer partners, with those who serve at that location and with God.

Against opposition: Satan is the great adversary and can cause opposition both from within and without. We have instructions about our reaction (James 4:7), our weapons (2 Corinthians 10:3-5) and our equipping (Ephesians 6:10-20). We are not to talk to Satan, we are to talk to God. Don't press the enemy, praise the Victor.

For God's glory: The ultimate purpose of Prayer Walking is so that God might be glorified among the nations (Psalm 46:10, Psalm 108:3-5). For those who seek to glorify God in their Prayer Walking, there are wonderful biblical promises - Joshua 3:5, Isaiah 41:13, Habakkuk 1:5).

Does Prayer Walking work? Those who walk by faith will always be open to affirmative answers. Those who insist on walking by sight will always be skeptical. In the final analysis, the measurements that determine prayer's effectiveness are mostly subjective and the result open to scrutiny.

Prayer Walking Tips:

Do you feel like you have two left feet when it comes to Prayer Walking? Here are some tips to help you get started on the right foot.

1. **Don't draw attention to yourself:** Prayer Walking is a strategic way of participating in the redemptive work of God's Kingdom. Wear clothing that is appropriate for the season, location, and culture. Prayer Walking is not about us being seen, it's about what God guides us to see.
2. **Be comfortable:** Wear comfortable shoes and clothing, carry a water bottle, use sunscreen, wear a hat. Be appropriate, but be comfortable.
3. **Keep your eyes open:** Literally and figuratively. Prayer Walking is praying in a different posture than we normally use. Don't worry about whether you are doing it right, or what other people may think about you. Ask God to give you eyes to see other people as He sees them. Pray for them as God gives you insight from what you see.
4. **Let Scripture and the Holy Spirit guide your prayers:** Intentionally pray for the Great Commission to be fulfilled, pray specific verses, etc.
5. **Pray conversationally:** As you walk, pray in conversation with God about what you see. Walk casually, but keep moving. Remember, Prayer Walking is intercession on the move.
6. **Avoid excess picture taking:** Focus upon people, their needs, for spiritual strongholds to be broken, and for God's grace to touch their lives.
7. **Be aware of Divine appointments:** We don't set Divine appointments, God does. When God opens a door for you then be prepared. (i.e., one-verse evangelism, the 3 Circles app on your phone, etc.)
8. **Involve others:** Prayer Walk your neighborhood as a family or with a believing neighbor, invite a Christian co-worker to come early and Prayer Walk your workplace, or Prayer Walk a place that you are visiting.

When can you Prayer Walk:

1. Anytime you are walking or driving.
2. Prayer Walk as a family, even taking some time on vacation.
3. Prayer Walk neighborhoods or areas of spiritual strongholds when you can do so safely.
4. Prayer Walk a school, college, or university.
5. Take a Prayer Journey to another city, state, or nation. Perhaps a place where a new church is scheduled to be planted or where missionaries serve.

Information in this guide has been adapted from *Prayer Walking: A Journey of Faith* by Dan R. Crawford and Calvin Miller. AMG Publishers, Chattanooga, TN, 2002.