



## Prayerwalking Tips

Do you feel like you have two left feet when it comes to prayerwalking? We have the tips and tools to make sure you get off on the right foot.

**Pray for Direction** – Prayer originates with God, so talk with Him about how to get started. “Call to me and I will answer you” (Jer. 33:3). Ask where He wants you to walk and pray. “Your ears will hear a voice behind you saying, ‘This is the way, walk in it’” (Is. 30:21). Think of prayerwalking as a way to get to know God better by taking a walk with Him.

**Get Cleaned Up** – Before you can pray for others, you need to be in right relationship with God. Allow the Holy Spirit time to examine your heart, confess any known sin, and accept God’s forgiveness. Then you will be a clean vessel ready for God’s use in prayer. “Search me, O God, and know my heart” (Ps. 139:23-24). “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).

**Get Dressed** – The object of a prayerwalk is not to draw attention to yourself. In addition to putting on the armor of God as described in Ephesians 6:10-18, be sure to wear clothing that is appropriate for the season, location, and culture, as well as comfortable walking shoes.

**Start Where You Are** – Don’t worry about whether you’re doing everything exactly right, or what other people may think of you. “Do not fear the reproach of men” (Isa. 51:7). Trust and lean on the Holy Spirit. “In the same way, the Spirit helps us in our weakness” (Ro. 8:26-27). Take a short walk around your neighborhood and ask God to give you eyes to see your neighbors as He sees them. Pray silently for them as God gives you insight about them from what you see.

**Use Scripture** – To keep your prayers biblical, spend time reading the Bible. Memorize God’s Word or carry a few key verses on index cards to refer to as you pray. “So will My word be which goes forth from My mouth; It will not return to Me empty, without accomplishing what I desire” (Is. 55:11).

**Thank God that He loves your neighbors and pray that they would believe in Jesus** – (John 3:16). Ask Him to bring them out of darkness (Col. 1:13-14). Pray for them to be released from whatever hinders their faith (2 Timothy 2:25-26). Allow God to teach you through Scripture to pray in the same character as Jesus. Remember that “[God] is able to do immeasurably more than all we ask or imagine” (Eph. 3:20), so pray believing that He will answer.

**Involve Others** – Invite a Christian co-worker to come to work early to walk by each desk and pray for your fellow workers. Think about the places you’d like to prayerwalk and Christians you know in that area who might walk and pray with you.