

## Why Prayer-walk?

Jesus said, “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing” (John 15:5 ESV). Prayer is the primary critical success factor for the advancement of God’s kingdom in this world; therefore, everything we do is contingent upon prayer! During this unique and challenging season due to the COVID-19 (coronavirus) pandemic, God’s commission to us as witnesses is no less urgent. Though we are practicing social distancing as a measure to keep ourselves and others safe, we still have the opportunity to pray as we go on walks with our family or drives to the store. We can literally take our prayers to our city as we pass by neighbors, stores, people, and communities.

As part of our adjusted rhythms, let’s engage in intercessory prayer that includes prayer-walking around one of the most strategic places in your life—your home and neighborhood. Being close to a location allows us to pray clearer as we pray nearer. These prayer-walks can be short or long, in your neighborhood, parks, or other places you find yourself. The difference from a normal walk is that we set aside these walks specifically for prayer.

### How to Prayer-walk

- If you are not alone, divide your family or group into smaller groups of two or three, so that everyone is able to hear and participate properly.
- Don’t plan a route that is too long or taxing for everyone walking with you. Decide how much spontaneity you want to allow, dependent on how well you know the area.
- How long are you going to spend? One or two hours is usually what is recommended initially for a group of adults. Thirty minutes or so may be more suitable with children.
- Pray as you walk, out loud, eyes open. Pray shorter prayers. Pass it back and forth. Play off of each others’ prayer-focus on a specific need or opportunity, continue on a prayer-theme. Don’t quit your prayer-walking effort too quickly. Persevere in prayer!
- During prayer-walks, when talking to people and explaining what you are doing, just tell them you are followers of Jesus who are visiting (or live in) the community, meeting new people, and praying for God’s blessings for them. You believe in the power of prayer, and ask people if they need prayer.

## What to Pray For

- Prayer strengthens Christians, and it brings evangelists to a neighborhood as we pray for the Lord to send laborers into his harvest.
- Pray Scripture. Carry a copy of God's word with you (or have it on your phone) as you prayer-walk. Read it out loud. You can take turns, one reading a verse and then another prayer-walker praying a prayer based on the content of that verse. Then, proceed to the next verse and so on. Base your petitions and praise on selected passages.
- Pray in obedience to the Spirit's leading. Learn to recognize and respond to his voice as you prayer-walk. God's Spirit may even direct you with ideas of specific prayers. Pray for God to give insight into his specific kingdom plans and purposes for this community and city.
- Pray for God to give you harvest eyes and a spirit of grace and supplication. Ask for boldness and open doors to this community and city. Confess fears, weaknesses, lack of concern for those "outside."
- Pray for the Christians and churches in the community or area you are walking in. Pray that our homes and church would be ministry centers of the church in our community.
- Pray for the critical needs in the neighborhood you are walking—social, economic, spiritual, etc. Pray for specific streets, houses, and people you meet. Hit the critical intersections and nerve centers with specific prayer.

If you need a little inspiration for how to pray, here is an example of how to prayer-walk your neighborhood.<sup>1</sup>

- Pray that the gospel would be boldly and unashamedly proclaimed and that our church would be a place for the broken, unwanted, and hurting. Pray that Christ will be offered as the only remedy for the very thing we cannot do, make ourselves better or save ourselves.
- Pray that Romans 8:35–39 would become a reality. Pray for yourself, for your family, for your pastors, and for your church. Pray that our hope would be found in Christ and in Christ alone, and that his hope would produce gospel boldness in our lives.
- Pray Matthew 6:10 over your city. Spend this day replacing the word "earth" with the name of your city (e.g., "In \_\_\_\_\_ as it is in heaven.>").

<sup>1</sup> From Trevin Wax's "[How to Pray For Your City](#)" article from The Gospel Coalition, 2013. We also recommend [The Art of Neighboring: Building Genuine Relationships Right Outside Your Door](#) by Jay Pathak.

- Pray that the Spirit would weed out the sin in your life that has kept you from living a life on mission. Pray that he would open up opportunities for you to be present and intentional with the gospel in your neighborhood. Pray for your neighbors by name.
- Pray boldly Psalm 33:8 over your city, that the people would stand in awe before him.
- Pray Habakkuk 3:2 over your city, that the Lord's love, wrath, justice, and mercy would be made known in the city.
- Pray that the Lord would increase our burden for our city. That our love and growth in the gospel would produce a desire to see others saved and grow in their love and understanding of who God is, what he has done, and what he is doing.

### **Recommended Reading on Prayer**

Here's our [recommended reading list](#). Scroll to the "Prayer" section for books to help you grow in your spiritual discipline of prayer.