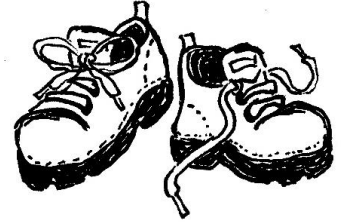


**Prayer Walking** is a powerful way to pray for people living on a street, in a neighbourhood or within a city. In prayer walking, we engage all our senses as we ask God to intervene in the lives of people we see and the places we travel through. Praying as we walk through a neighbourhood brings into focus the needs and strengths of the community. We encounter individuals, families and power structures. We see need or abundance. We hear squeals of joy on a playground or shouts of anger in an alley. We smell the sourness of poverty or the fragrance of affluence. We allow the Spirit to draw our minds and thoughts to the things that are important to Him. We ask God what He is praying for in this community and we join Him in that prayer.



### Suggestions:

- **Prayer walk in pairs.** It allows for two people to pray out loud in a conversational manner. Larger groups may find it difficult to hear the prayers of others and may limit the time each one has to pray. If you have a large group, divide into smaller groups.
- **Begin with a prayer asking for openness,** that God would open your eyes, ears and heart as you walk. Allow God to direct your walk and focus your thoughts. You may feel a need to stop and linger for a while, discerning what God is speaking over a house, a family or a business. Ask Him that you would see beyond the physical to the spiritual realities that exist in that place.
- **Pray Scripture as you walk.** Simple prayers like “Have mercy, Lord” or “Your kingdom come, your will be done” take on new meaning as you walk and pray.
- **Be prepared that God may prompt you** to speak to someone you come across in your walk. Trust that the Spirit will give you words to say.
- **If you are unable to walk outside,** use technology like Google Maps street view to enable you to prayer walk in different cities. Google Earth enables you to walk through a variety of buildings (government, universities, etc...).

### Online Resources:

- **24-7 Prayer** PDF: [Prayer Tool – How To Prayer Walk](#)
- **Waymakers** Website: [How to Prayerwalk](#)
- **Navigators** website: [30 Days of Prayer Through Your Neighborhood](#)
- **Go2020 on Prayer Walking** video: [https://youtu.be/VgCjz\\_1T27U](https://youtu.be/VgCjz_1T27U)
- **Stephen Hawthorne & Graham Kendrick** book: [Prayer Walking - Praying On Site With Insight](#)

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**Studies in New Monasticism** is a 9-month internship that helps everyday Jesus followers build their own tool kit of spiritual practices & rhythms of prayer. Interns study & explore areas of PRAYER, MISSION, JUSTICE, CREATIVITY, RADICAL HOSPITALITY, COMMUNITY, and INTIMACY with God. **For more info visit:** <https://www.gohop.ca/internship>

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