

PRAYERWALKING TIPS

Do you feel like you have two left feet when it comes to prayerwalking? Here are a few tips to help 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), and where he would have you 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* (1John 1:9).

Get Dressed –The object of a prayerwalk is not to draw undue attention to yourself, so it’s best to leave the monk’s robe and incense-box-on-a-rope at home. In addition to putting on the whole armor of God as described in Ephesians 6:10-18, wear clothing appropriate for the season and location (culture) along with comfortable walking shoes.

Start Where You Are –Don’t worry about whether you do everything just right, or what other people may think of you, “. . . *Do not fear the reproach of men . . .*” (Isa. 51:7). Lean on the Holy Spirit. “*In the same way, the Spirit helps us in our weakness . . .*” (Ro. 8:26-27). Take a brief walk around your neighborhood asking 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 bikes, boats or other items 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 is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it* (Is. 55:11).

Thank God that he loves your lost 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. (2Timothy 2:25-26) Allow God to teach you through Scripture to pray in the character of Jesus, and remember “[God} is able to do immeasurably more than all we ask or imagine . . .” (Eph. 3:20), so **pray believing he will answer.**

Involve Others –Invite a Christian friend at work to come to work early to walk by each desk and pray for fellow workers. Think about places you’d like to prayerwalk and Christians you know in that setting who might walk and pray with you. Participate in organized prayerwalks at your church or in your community.

The best way to learn to prayerwalk is to give it a try; so tie your shoes and take those first steps while you’re thinking about it.