

Guide to Prayer Walking in Your Neighborhood

What is prayer walking? One simple definition is “praying on-site with insight.” As an individual, family, or small group, you can walk around your neighborhood to intentionally invite God’s guidance, mercy, and transforming power into your community.

BEGIN WITH THANKSGIVING.

If your group is large, walk in groups of 2-3. Begin by simply thanking God for his love for you and for your neighbors. Acknowledge that each household is known and valued by God, and each person has a divine gifts and purposes. Thank Him for His presence and work in your neighbors’ lives.

ASK FOR EMPATHY & DISCERNMENT.

As you walk, ask God to open your eyes to the things on His heart. Seeing particular people, structures, or events can stir you to pray more specific prayers. For example, a “for sale” sign could stir you to pray for the people who will be moving away or moving in (new transition, blessing, peace, etc.). On a prayer walk, you don’t need to come with an agenda or list of prayer requests. Simply ask God to help you see your neighborhood with His eyes and agree in prayer with what He wants to do.

PRAY AND AGREE TOGETHER.

Pray together out loud as you walk, in a conversational voice. Take turns to listen and agree with one another’s prayers and hear anything else the Lord is speaking. “If two of you agree on earth about anything that they may ask, it shall be done for them by my Father in heaven.” (*Matthew 18:19*) Offer intercession for the things that express brokenness and grieve God’s spirit and give thanks to God for the blessings and gifts that exist in the community. Several themes may develop as you pray. It’s usually best to pray simple, brief prayers along those themes, rather than trying to pray for every need that may be present.

USE SCRIPTURE.

Praying prayers based on God’s word can be especially powerful, and you can turn just about any phrase or verse into a prayer. God’s word will not return to Him void (*Isaiah 55:11*).

BE READY.

Though it is not the primary purpose of prayer walking, be open to opportunities to interact with and bless people you may see as you walk. Take time to get to know them and offer to pray for them in the name of Jesus.

DO IT AGAIN.

When you’ve finished your walk, end by praising and thanking God for all that He is doing and will do in your neighborhood. Continue growing in intercession by including prayer walks as a regular practice in your life with God.