

A Prayer Walk

What is Prayer Walking:

It's as simple as it sounds. A prayer walk is a way of actively praying whilst walking in a location that has significance for the subject of your prayers, such as praying for your local neighbourhood or community. It is a practical way of focussing your prayer, and you may find that you become more sensitive to the promptings of the Holy Spirit.



How do I do a prayer walk?

- *You could head outdoors for a physical walk around your neighbourhood, make it a 'virtual' walk using Google Earth or a local street map, or you could simply imagine a route in your mind.*
- *You could plan your route in advance or simply ask the Holy Spirit to guide you.*
- *You could walk alone (if it is safe to do so) or go with a socially distanced group.*
- *You could pray silently or aloud. You might like to take a Bible or a passage of Scripture with you.*

Start with a moment of quiet, dedicating your prayer walk to God. Invite the Holy Spirit to be present with you as you journey out.

As you set off, and during your walk be aware of your surroundings, use your senses to look, listen, smell and touch. Be attentive to what God might be saying to you. Focus on those living in your neighbourhood and try to be intentional about praying for what you see and hear. Try to focus on what God's plans and purpose might be for your neighbourhood and the people who live and work there.

'Your Kingdom come, your will be done...'

Here are some ideas for prayer during your walk:

Pray for your neighbours as you walk past their houses

Pray for the staff in local shops or restaurants

Pray for the staff and pupils at your local school

Pray for key workers living and working in your neighbourhood

Pray for local amenities such as libraries



After the Prayer Walk

- *You might like to make a written record of your experience and how God might have spoken to you.*
- *Give thanks to God.*
- *Share your experience with others.*
- *Repeat the Prayer Walk and keep praying!*



Lord of our windswept lives, shelter us today in the lee of your presence, still our blustering insecurities, our stormy protests, our billows of indignation, our squalls of regret. Give us harbour time in the deep, calm safe water of your grace and love. Amen.

(Barbara Glasson The Methodist Church Prayer Handbook 2020/2021)