

A guide to prayer Walking

Prayer walking is as simple as it sounds, praying as you walk. There are three reasons why prayer walking is valuable; to bless, to claim and to change the spiritual atmosphere.

BLESS

Blessings are gifts of grace waiting to be poured out from heaven from the hand of God upon someone or something through our prayers.

CLAIM

The land is to be claimed because it belongs to the Lord and is to be set apart so that the land and all those who live on it will have peace, joy, fruitfulness, prosperity, peace, salvation etc. Psalm 24:1

CHANGE

Prayer changes the spiritual atmosphere. Kings 8:10-11, Mtt 6:10

USE YOUR GOD GIVEN AUTHORITY

When we prayer walk we are stepping into the authority that God has given us through Jesus Christ. One of the most notable impact of prayer walking is recorded in Joshua. Joshua 1:3 (the command from God to claim the land), Joshua 6:2-5 (how his people acted), Joshua 6:20 (the results). A top tip, when reading take note that this is a spiritual battle, not a physical battle (Eph 6:12-13).

WHERE SHOULD I PRAYER WALK

Our vision is for the whole of the Parish to be soaked in prayer; every home, person, business, school, GP surgery, library and every road. etc. Ideally, many times over. Your route to work, to the supermarket or wherever else you travel during the week.

DOWNLOAD THE MAP OF OUR PARISH.

More than 18,000 people live in our Parish and the Lord wants to bless every person, place and business. He waits for us to act (Gen 1:28)

GETTING STARTED - PRACTICAL SUGGESTIONS

1. One of the easiest ways to get started is to consider all the blessings that God is willing to offer freely and liberally to everyone e.g. peace, joy, love, prosperity, patience, kindness, strength, salvation, joy, freedom, justice. Having done that, stand at the top of the road, look down it and take in what you see. Then bless everything, each household, home, business, garden, road etc. with every spiritual blessing you can think of. If possible A suggested prayer 'In the name of Jesus I bless (whatever you can see —with love, joy, peace etc).'

Alternatively pray 'Your Kingdom come on earth as it is in heaven' Mtt 6:10.
2. Claim the land by blessing it and declaring that the land belongs to the Lord (Psalm 24:1).

As you continue to prayer walk, be aware of your surroundings: what you see, smell, hear and touch. But also be aware of what God is saying to you as you move around your community; if any Bible verses pop into your head or if you have any pictures, visions or words of knowledge. Turn these natural and supernatural senses into prayer.

CHOOSE WHETHER TO PRAY ALOUD OR SILENTLY.

Praying aloud has more power (Gen 1:1) however all prayer is powerful, so pray silently if you prefer.

ENDING WELL

You may like to write down your experience so that you can continue to pray at home

PRAYER CHANGES THE SPIRITUAL ATMOSPHERE. PRAYER CHANGES US.

After your prayer walk, you may find that you have a greater love for your community, allow those feelings to guide your ongoing prayers. You are likely to find that whilst you are changing the spiritual atmosphere in your prayer walking, you too are being transformed. Keep praying for your community. You may even like to follow the example of Joshua (Joshua 6:20) and encircle a specific area by praying round it for a week.