



PRAY AS YOU GO!

"I will give you **every place**
where you **set your foot**"

Joshua 1:3 NIV

There is something powerful and significant about making our prayers physical, expressing our longings for places by going and standing in the very spot where we ask for God's transformation.



St Mark's



What is prayer walking?

It's as simple as it sounds – praying as you walk. One definition states 'praying on-site with insight'. When we prayer walk we are stepping into our God-given authority to bless people and places in Jesus' name.

- It's a way to bring transformation to our communities by asking God to break in with His love and power.
- It's talking to God; ask Him to show you what He sees; to know His heart for your local community.



Why prayer walk?

The Old Testament has many passages which teach us to walk an area for God's glory including:

- The powerful passage of the story of Joshua taking the city of Jericho. (Josh. 6)
- When God spoke to Abraham, "Arise, walk about the land through its length and breadth; for I will give it to you." (Gen. 13:17)
- Speaking to Joshua, God said, "Every place on which the sole of your foot treads, I have given it to you..." (Josh. 1:3)



Why now?

When we prayer walk we get to:

- Ask God to break in with His love and power and bring transformation to our communities.
- Ask for a releasing of God's power to cause the walls of unbelief, violence, strife and evil to come down in the very spot where you stand to pray.
- Converse with God; ask Him to show you what He sees; to know His heart for your local community.
- Claim the area for God's glory and to pray for the spiritual freedom of those living there.





When?

As you make essential travel trips by car, walk to the shops or when you are out on your daily exercise (walking or running) take time to pray as you go.



Where?

You may decide ahead of time where you're going to go or you can simply ask the Holy Spirit to lead you as you walk.

As you go notice the places in our Parish, including:

- Local shops and businesses;
- Places of local and higher education and nurseries;
- Care and residential homes;
- Your local doctors practice, hospital, police and fire station;
- Community centres;
- Charities and homeless shelters;
- Recreational spaces.
- The neighbours houses in your street

Even in areas that are considered 'dark' or 'desperate', try to pray blessings rather than 'tearing down' prayers. Focus on God's plan, purpose and destiny for the place and the people that live there. "Your Kingdom come, your will be done."



Preparing to pray

Take time to receive God's blessing in your own life before you start walking. We all put barriers up from time to time. Pray 'Aaron's Blessing' over yourself as you go:

'The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.' (Numbers 6:24-26 NIV)

As you pray, consciously welcome the Holy Spirit. Before you begin to walk, invite God's cleansing and empowering in your own life, and remember to put on the full armour of God as you pray.

Prayer is "front-line" warfare. It is the ultimate weapon in our "struggle ... against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in high places." (Ephesians 6:10)



Ideas for prayer

Pray for discernment; ask the Lord to show you what He sees and to know His heart for your street, road and community.

Pray for blessing; ask for God's intervention in the life of each person and home you pass. You may want to pause at key buildings such as a school, community centre, hospital or local business. Ask for His will to be done in this community "as it is in heaven".

Pray with empathy; see and feel what the residents live with every day; intercede for the things that express brokenness and grieve God's Spirit. Give thanks for the blessings and all the good things you see in your community.

Pray from scripture; prayers based on God's Word can be very powerful.

Pray in God's power; allow times of silence for the Holy Spirit to speak to you, then speak out with confidence in the power of Jesus' name.

Pray for God's kingdom to come; as you walk/run declare that the houses, people, buildings belong to God. Declare that he is the King and this is his kingdom and that he reigns