



A Guide to Prayer Walking your Neighborhood

“Rejoice always, **pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”
-1 Thessalonians 5:16-18 (ESV)

For many people, the idea of a prayer walk can be intimidating. We may be afraid that we won't do it “right”, or we're not “spiritual” enough, or maybe we just don't understand the entire concept. The truth is...there are no prerequisites for a person to be able to prayer walk and it's not hard to do. So, grab your walking shoes, consider the following guidelines, and see where the Lord takes you!

What does prayer walking look like?

When someone prayer walks, he/she simply aims to be more intentional about listening to God and allowing God to help them see the people, places, and situations of their neighborhood through God's eyes as he/she walks. By practicing listening and changing our perspectives, we can learn God's desire for our neighborhood and know for what we should pray.

The *Communities First Association* (www.communitiesfirstassociation.org) gives the following five helpful guidelines for prayer walking in a neighborhood setting in the book, *Communities First*.

*As you walk:

1. **Pray for discernment**—that God will reveal what he sees, hears, and knows about the people, events, and things of the community; that you will develop the eyes to see what God is already doing in the community and among the people.
2. **Pray for blessing**—over every house and person you see and interact with; for God's intervention in each life, so that each one can be fruitful in his kingdom.
3. **Discover the neighborhood**—... take note of the gifts that exist in the community which might be a source of blessing... when they are shared.
4. **Interact with the neighborhood**—talk with anyone who is interested about personal issues, community issues, and anything else that may come up; encourage people to share their time, talents, and belongings with each other.
5. **Look for ways to bless** and intervene in the community with love and grace, as Jesus would.

“Is anyone among you suffering? **Let him pray**. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and **let them pray** over him, anointing him with oil in the name of the Lord. And **the prayer of faith will save** the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and **pray for one another**, that you may be healed. The **prayer of a righteous person has great power** as it is working.”
-James 5:13-16 (ESV)

*Van Groningen, Jay, ed. *Communities First*. Grand Rapids, MI: Christian Reformed World Relief Committee, 2005. 30-31. Print.