

Prayer suggestions for intercessory prayerwalking

1. Be spiritually prepared – daily Bible reading, devotion, and private prayer.
2. Wear comfortable, culturally acceptable clothing.
3. Wear walking shoes that are already “broken in.”
4. A light-weight backpack or a “fanny pack” may be useful on long walks.
5. Carrying a camera should be cleared with your local host prior to the walk.
6. Teams of three seem to be best, four is OK, five is too large.
7. Pray together as a team prior to the beginning of the walk.
8. Pray with your eyes open, sensitive to what might prompt prayer.
9. Reinforce prayers of other team members before changing the subject of prayer.
10. Stop or more intense prayer as the occasion calls for it.
11. Forget phrases like “lead, guide, and direct” and talk with God in a conversational manner.
12. Use Scripture in your prayer – either direct quotes or paraphrases.
13. Don’t be afraid of silence. It is OK to walk and pray silently for a time.
14. Smile and be pleasant to people you meet. God may be working in their lives. Pray for them.
15. It is OK if prayerwalking feels awkward the first few times. It will soon feel more comfortable.
16. Singing is often an effective way to pray and praise.
17. When praying becomes difficult, admit it to your team and ask them to pray for you.
18. Be flexible as the Holy Spirit leads.
19. Conclude your walk on time, especially if a share time is planned with others.
20. Pray together as a team at the conclusion of the walk.
21. Keep a daily journal at the conclusion of the day.
22. When the prayer journey is over, don’t worship the journey. Move on to other ministries.



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