**PRAYER WALKING**

*“Seek the peace of the city…and pray to the LORD for it;*

*for in its peace, you will have peace.”*

*--Jeremiah 29.7*

**Preparation:**

*“As you pray, you will find that God opens your eyes and prepares your heart to see the city from His perspective. Your Sorrow may deepen for the plight of the city while your hope grows for what God desires and is able to do through your prayers.* - Breakthrough Prayer Ministry

Prepare your mind and heart. Take time to confess and repent, to release any unforgiveness, to center your mind on Jesus.

Pray for leading and insight from the Holy Spirit—that He will teach you how to pray.

Prayer is spiritual warfare so spend a few minutes praying words of praise and prayers of declaration (who are WE in Christ?).

**As you go:**

If you go with another, pray together before you head out. Keep your eyes open—it’s okay! It is good to agree with one another in your prayer and to build on each other’s prayers.

Some ideas on how to pray:

* Pray for discernment so you can see what God sees:
  + Look for signs of change in the community
  + Look for evidence of God at work: churches, Christian signs, messages of encouragement: pray for them
  + Look for evidence of need: poverty, disorder, messages antagonistic to God, social evil, tagging by gangs
  + Pray over homes that indicate Christians, pray for families who indicate they belong to a false sect, another religion—pray their longing for God is met in Jesus.
* Pray from Scripture as God brings it to mind
* If anyone asks what you are up to, tell them you are praying God’s blessing over this neighborhood. Then you can ask them, “Is there anything specific we can pray for you?”
* After you finish:
  + Pairs or groups: take a few minutes to share what you have learned or seen or where you see God at work. Luke 10:17
  + Individuals: write down any impressions or insights you get while walking and praying
* Next time:
  + Walk in the opposite direction to get a different perspective of your route
  + Try walking at different times of the day in order to see what is going on and to possibly meet people who are hanging out in the area
  + If your neighborhood has a social gathering place: a park or a coffee house, consider stopping to observe. Watch what is going on and pray for what you see. God may also prompt you to pray for specific people quietly or with them.