

TOOL: Prayer Walking

Lift others in prayer • Daily



Introduction

Prayer walking is one of those things that feels awkward to describe, but with practice it can become a rhythm of intercession that transforms your life and those around you. Prayer walking is being mindful of where you are and believing that there is divine purpose to be found in it. It's opening your senses to notice what is happening around you and using those observations to intercede.

For example, if you take a daily walk around your neighborhood and notice that adorable house with the red door – instead of just noticing it, you let that prompt you to imagine the residents inside and to pray for their needs. When you pass by the elementary school and see the kids running in the school yard, you notice them, notice their interactions and use these observations as prompts to pray.

Oswald Chambers says,

God brings you to places, among people, and into certain conditions to accomplish a definite purpose through the intercession of the Spirit in you. Your part in intercessory prayer is not to agonize over how to intercede, but to use the everyday circumstances and people God puts around you by His providence to bring them before His throne, and to allow the Spirit in you the opportunity to intercede for them. In this way God is going to touch the whole world with His saints.

Practice

Pick a day this week to practice prayer walking.

Pick a spot: This could be walking around your neighborhood, or you could drive to Town Lake, or walk around UT campus. It doesn't have to be a long walk, and if you're not up for walking, you could even drive!

Before you begin your walk, ask God to help you to be sensitive to his work on your walk. It might be helpful to get a playlist that helps you focus on intercession. Or, screenshot some verses to bring along that can help you if you get stuck.

As you walk, be mindful of the people and situations around you. When you notice something, let it prompt a prayer. Of course, your mind will wander, you may get distracted, but when you notice that, just ask God to help you focus. Ask God to turn your attention to what God wants you to become involved with through intercession.

If you get stuck,

- Think through your senses: what do you see, what do you hear, what do you smell?
- What do you notice about the people you see, and what desire do you think they might have that you can intercede for them? Do they look burdened? Hungry? Bored? Lonely?
- Pray for their day, their relationships, their work, their health, their spiritual life.
- You can even pocket some verses to bring along for when you can't think of what to pray over the places and people you notice.
- Your prayers don't have to just be for the things you notice on your walk; they can also be for people you've been meaning to pray for. Take a list with you or see who God brings to mind.

You can prayer walk with others if you feel up for it! Ask a friend to walk around a neighborhood with you and silently or out loud just say the prayers you're thinking. It might feel awkward at first, but you'll be amazed at how quickly you and the other person become accustomed to talking to God together.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?