

Birmingham, UK

PRAYER WALKING GUIDE

"I WILL GIVE YOU EVERY PLACE WHERE YOU SET YOUR FOOT..."

JOSHUA 1:3



What is Prayer Walking?

Prayer walking is simply praying as you walk through the places where people live, work, study and gather.

It has been described as **"praying onsite with insight"**

As we walk, we pray God's blessing over the people and places around us, asking that His kingdom would come and His will would be done. At the same time, we listen to God, allowing Him to deepen our understanding of the community and give us His heart for the people who live there.

Prayer walking is not about drawing attention to ourselves. It is simply about partnering with God as we pray for the streets, homes, schools, businesses and communities around us.



"Open your eyes and look at the fields! They are ripe for harvest." (John 4:35)

every. BIRMINGHAM

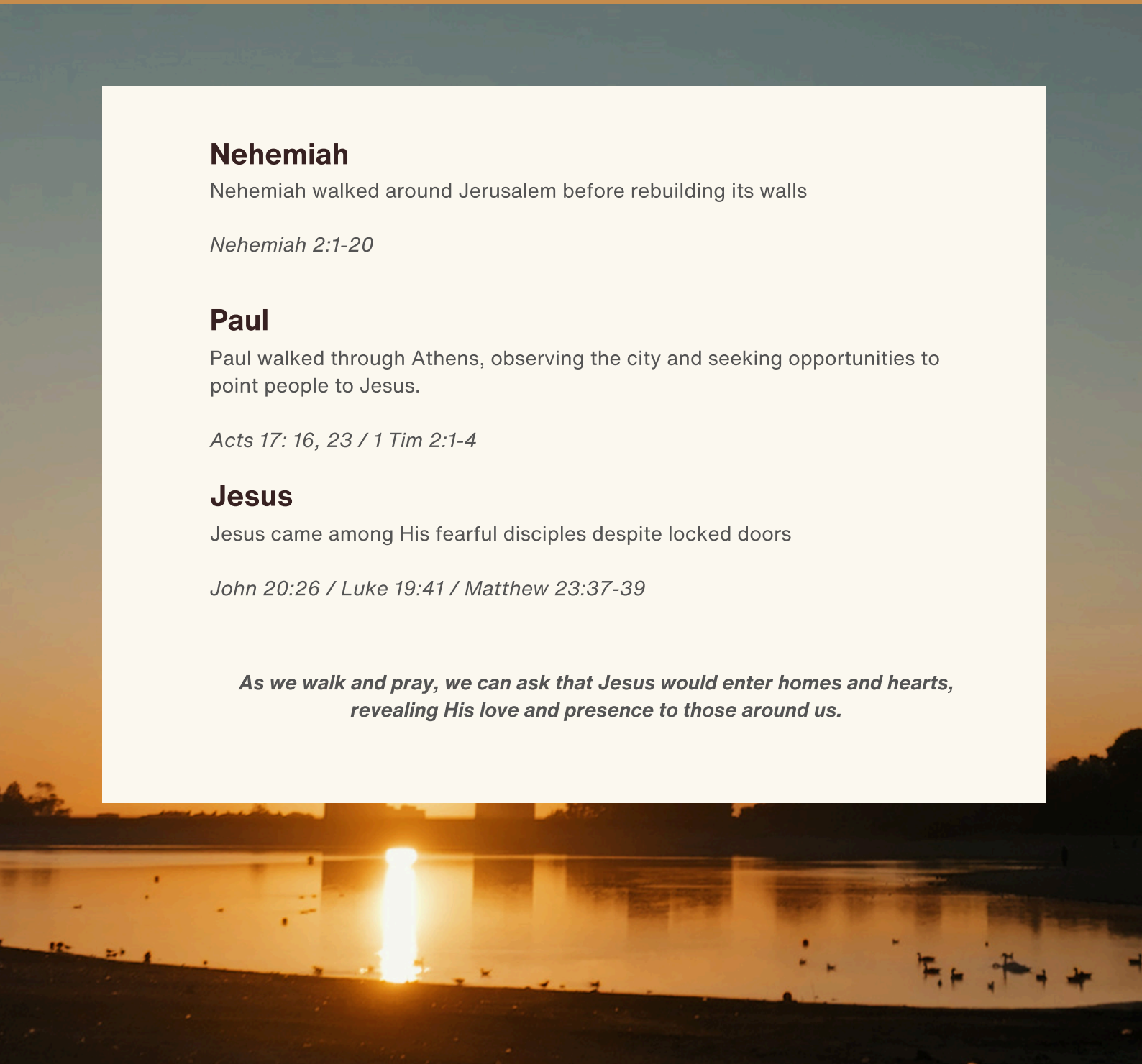
PRAYER WALKING HELPS US:

- Become more aware of the needs of the people around us
- Listen to God's leading for that area
- Grow in compassion for our communities
- Join in God's Mission where He has placed us
- Seek blessing, peace and transformation for our neighbourhoods



In the Bible...

Throughout Scripture, we see people of God walking, observing and praying.



Nehemiah

Nehemiah walked around Jerusalem before rebuilding its walls

Nehemiah 2:1-20

Paul

Paul walked through Athens, observing the city and seeking opportunities to point people to Jesus.

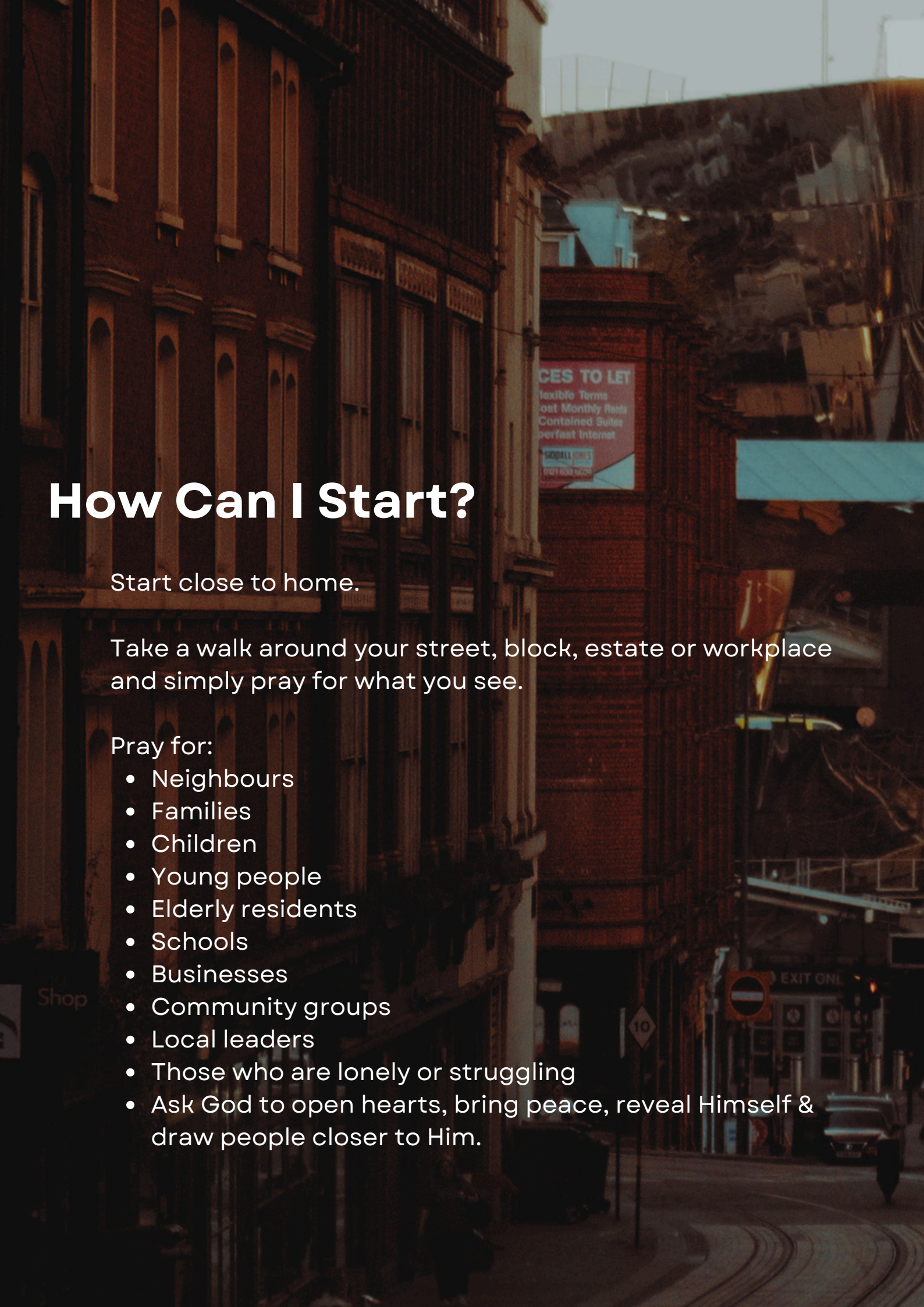
Acts 17: 16, 23 / 1 Tim 2:1-4

Jesus

Jesus came among His fearful disciples despite locked doors

John 20:26 / Luke 19:41 / Matthew 23:37-39

As we walk and pray, we can ask that Jesus would enter homes and hearts, revealing His love and presence to those around us.



How Can I Start?

Start close to home.

Take a walk around your street, block, estate or workplace and simply pray for what you see.

Pray for:

- Neighbours
- Families
- Children
- Young people
- Elderly residents
- Schools
- Businesses
- Community groups
- Local leaders
- Those who are lonely or struggling
- Ask God to open hearts, bring peace, reveal Himself & draw people closer to Him.



Prayer Walk with Another Person

Walking with someone else can be a great way to start.

As you walk:

- *Share observations together*
- *Pray out loud or silently*
- *Encourage one another*
- *Ask God what He might want to show you*
- *Pray for opportunities to be a blessing*

Jesus sent His followers out in pairs, and prayer walking together can bring confidence and encouragement.

Prayer Walk as a Small Group

Gather Together

Begin with:

- *A Scripture passage*
- *A short devotional thought*
- *A worship song*
- *A prayer focus*

Split into groups of two or three.

As you walk:

- *Pray for what you see*
- *Listen for God's direction*
- *Notice people and places*
- *Ask questions about the community*

Look out for:

- *Schools, Parks, Community centres*
- *Places of worship*
- *Shops and businesses*
- *Noticeboards, Empty buildings*
- *Signs of struggle or need*
- *Signs of life, creativity and community*

Return and Share:

- *Share what you noticed*
- *Share any scriptures, thoughts or insights*
- *Celebrate answers to prayer*
- *Pray together as a group*



A simple framework is to pray blessing over different aspects of people's lives.

B.L.E.S.S.

BODY
LABOUR
EMOTIONAL
SOCIAL
SPIRITUAL



Bodies

- Health, Healing
- Strength, Protection
- Good healthcare
- Freedom from addiction and sickness

"Lord, bring healing and wholeness to people in this community."

Labour

- Employment, Local businesses
- Fair opportunities, Economic wellbeing
- Workplace relationships, Wisdom for employers and leaders

"Lord, bless the work of people's hands and provide for every household."





Emotional Wellbeing

- Mental health
- Peace, Hope
- Comfort for those grieving
- Freedom from anxiety
- Strong relationships

"Lord, bring your comfort, hope and peace where there is hurt or loneliness."

Social Wellbeing

- Families, Friendships
- Community cohesion, Good neighbours
- Unity across cultures and generations
- Safety in the community

"Lord, help this place to flourish as people love and care for one another."

Spiritual Wellbeing

- Openness to God, Encounters with Jesus
- Spiritual hunger, Faith to grow
- Churches and ministries
- New disciples

"Lord, reveal yourself and draw people into relationship with you."

Things To Notice While You Walk

Prayer walking becomes richer when we pay attention

- What do I see?
- Young families?
- Older residents?
- Students?
- New housing developments?
- Areas of deprivation?
- Community spaces?
- What do I hear?
- Children playing?
- Different languages?
- Community activity?
- Signs of tension or concern?
- What do I sense?
- What might God want to bless here?
- Where is there need?
- Where is there hope?
- How is God already at work?



5 Simple Prayer Prompts

As you walk, pray:

1. Bless
"Lord, bless the people who live and work here."

2. Heal
"Lord, bring healing where there is pain, sickness or division."

3. Reveal
"Jesus, reveal yourself to people in this community."

4. Send
"Lord, send workers into the harvest field."

5. Transform
"May your kingdom come and your will be done in this place."

Prayer Walking in the Workplace

You can prayer walk:

- Around your workplace
- Through your office building
- Around a hospital
- Through a school campus
- Around a shopping centre
- Before meetings or appointments

Pray for:

- Colleagues
- Customers
- Leaders
- Decision-making
- Wisdom
- Integrity
- Peace
- Opportunities to show God's love



A Final Encouragement

Prayer walking is not about having the perfect words.
It is about making ourselves available to God.

As we walk our streets, workplaces and communities,
we are asking God to bring His kingdom into everyday places.
We pray with expectancy that the same Jesus who entered
locked rooms can enter locked hearts,
revealing His love, hope and saving grace.

So, start where you are.

Walk. Observe. Listen. Pray.

And ask God for Harvest Eyes.



Watch Video Here

Here's a fun fact,
Did you know that
It's not buildings that meet people where they are at
The gospel isn't carried by concrete
It has always travelled on beautiful feet

Quote from Spoken Word in Video
++Written By Rich Hendrikson

Designed by Heather Kirkland & Andy Mackie
++Images by Alex Mackie

Watch the video here:
https://www.engageuk.org.uk/post/walk-notice-pray

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