

Prayer Walks

(Tip: have copies of this page available as handouts!)

What is a Prayer Walk?

Prayer walking is the practice of praying on location, a type of intercessory prayer that involves walking to or near a particular place while praying. The idea is to use the five senses—sight, hearing, smell, taste, and touch—to sharpen the intercessor’s prayers. It is a chance to look up, so that we can pray more specifically about what we notice happening around our workplaces.

It’s also an opportunity to get outside and disconnect from things that distract us from praying; a chance to unplug from the noise of modern work life and “just start praying” together with other Christians in the midst of the working week.

Suggested Example Timings:

Breakfast	Lunch	
7:45-7:55	12:00-12:10	Allow time for people to arrive (feel free to BYO food)
7:55-8:00	12:10-12:15	Briefing, and split into pairs or triplets
8:00-8:30	12:15-12:45	Prayer walk (see what to pray below)
8:30-8:35	12:45-12:50	Meet back at the starting point. Final prayer

What to pray:

Prayer walks provide opportunities to notice what and who is around us and pray for those things and people.

If the group is large (and the streets are busy), try splitting into **pairs or triplets** to pray. You can **pray whilst walking**, or **pause at different spots to pray** for a period (give yourself enough time to return to the meeting point!)

Some suggestions for prayer:

- Are there particular industries that dominate this area?
- Are there particular organisations / companies in this area?
- Prayer for the workers - Christian and non-Christian - in the surrounding buildings
- Look at the faces of people in the crowd - pray for them
- What do you *hear*, or *smell*? Who else is living here that you can pray for?