

## Prayer Tool: How to Prayer Walk

This uses WALK as an acronym, and contains 4 simple steps:

**W – WORSHIP** As you set off walking begin with your eyes on Jesus. Say the name of Jesus; recite a Psalm; hum a worship song; speak quietly in tongues – basically anything that helps declare the Lordship of Jesus over the streets you walk on.

**A - ASK** Flowing from your worship, begin petitioning God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and other churches you walk past. Begin to get specific and pray for people and situations, the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.

**L - LISTEN** As you worship and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or prophetic words and pictures; listen for promises and literally walk these promises all over your community. If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts.

**K – KNOW THE LAND** Get (and keep) yourself informed around the area you are prayer-walking; research some of its history; some of its ongoing problems; so you can pray for breakthrough. Get to know some of the current situations that require persevering prayer and also celebrate the particular graces that rest on the area, asking God to make your area a blessing beyond its borders.

## PRAYER WALKING – What works for me!

Heather Smyth

I have Prayer Walked around Seymour Hill on many occasions. I did not read books on it. I just walked up and down the streets and around the perimeter asking the Lord to lead me. I would take a few minutes at each of these Pivotal Points, asking for God's Blessing; and interceding specifically.

Some of the Pivotal Points: A walk around the High Rise Flats at the front of the Estate

- Walk across the road, praying for safety on the roads
- Start down Rowan Drive: shops, chip van Surgery -praying for staff,customers
- Stop at Elm Corner – Pray for Dentist and Residents Association
- Stop at Hazel Ave – pray for St Hilda's, Oaktree Manor and Seymour Hill Primary School
- Stop at Larch Grove – Pray for Activity Centre and Free Presbyterian Church Come to Willow Gardens turn left.
- At Alder Close turn left and walk up steps, turn right and make your way towards Charlie's House. Take time and look over the Estate and pray for residents.
- Make your way onto the Road that leads to Kingsway. Pray for the Businesses along this Road
- Turn left onto Kingsway. Pray for those with Special Needs and the facilitators who work in the Garden Centre
- Walk across the front of the Estate as far as Ballybog Road. Stop and pray for those who work on; and use Public Transport. Pray for the residents in Redwoods.
- Turn left down Ballybog Rd. Stop outside the Methodist Church; and pray for the Minister, leaders and members.
- Cross over to the High Rise Flats. Walk around these and pray for the residents On exit from Flats cross over Road and stop in front of Kilmakee and pray for the Church.
- Cross over the road and stop beside the Sports Zone; and pray for all who use it.
- Walk down River Road and stop at the end of Hornbeam Road. Stand at this junction looking around praying for the streets and Avenues you see.
- Walk up Hornbeam Road stopping off at points where the Lord leads to pray. Continue walking up Lilac Walk. Stop where Lilac Walk and Linden Walk meet, praying for the Houses in the area.
- Walk down Linden Walk, turn right and then left right up to the top of Rowan Drive.

All along, I would be asking the Lord to highlight things to me; and I would speak to God about them.