Prayer Walk

*And pray in the Spirit on all occasions with all kinds of prayers and requests.*

*With this in mind, be alert and always keep on praying for all of the Lord’s people. Ephesians 6:18*

In an effort to get out of the house, get some fresh air and enjoy some exercise and a change of scenery, consider going on a prayer walk in your immediate neighborhood and community. Before you begin, pray for the Holy Spirit to lead you. Pray for the occupants of each house you pass and ask for God’s blessings upon them. Pray for the parents, teens, and children. Pray that those you see on your walk come to know Christ and trust and rely on his guidance for their lives. Pray with thanksgiving for the weather, your daily blessings, the beautiful scenes of nature and God’s creation as you pass. If you pause to sit on a bench, pray for all those who will sit upon it in the future. If you see a motorist or a cyclist, pray for their safety. If you pass a school, pray for the teachers, administrators, staff, and students as the start of school approaches. If you pass a church, pray for the pastor and parishioners. If you pass a business, pray for the owner and employees and for God’s blessing upon the work they do. Your opportunities for prayer are endless. Let the Holy Spirit guide your prayers and each step you take as you walk and pray.

If you are unable to leave your home, you can still conduct a virtual prayer walk! Pray for those in the newspaper headlines, for those in the local, state, and national news. Pray for those in your Facebook or Twitter feed by name. Pray for their specific needs if you are aware. Pray over your personal calendar, for those involved in each appointment, meeting, or event. Pray for each person listed in your church, school, or work directory. Select an area on Google Earth and pray for the residents of a random or specific location.

Be bold in your prayer requests. God hears and delights in your every word, silent or spoken.

*Then you will call on me and come and pray to me and I will listen to you. Jeremiah 29:12*