

Prayer Walking



Psalm 119:1-8 The Message (MSG)

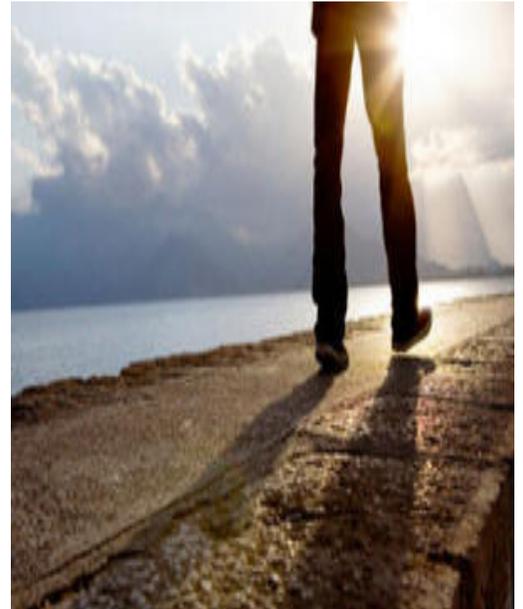
119 ¹⁻⁸You're blessed when you stay on course,
walking steadily on the road revealed by GOD.
You're blessed when you follow his directions,
doing your best to find him.

That's right—you don't go off on your own;
you walk straight along the road he set.
You, GOD, prescribed the right way to live;
now you expect us to live it.

Oh, that my steps might be steady,
keeping to the course you set;
Then I'd never have any regrets
in comparing my life with your counsel.

I thank you for speaking straight from your heart;
I learn the pattern of your righteous ways.
I'm going to do what you tell me to do;
don't ever walk off and leave me.

- 1) Why are we prayer walking?
 - a) To see God at work
 - b) To add more prayer to our lives
 - c) To exercise
 - d) To be mindful of our bodies and our lives
 - e) To meet and build relationships
 - f) To reach out to other people who don't know Christ
 - g) "Out of the box" prayer walking ideas
- 2) Seeing God at work:
 - a) In our bodies
 - b) In our ability to walk
 - c) In where we walk
 - d) In the people we meet
 - e) How do you see Jesus on a walk? How do you acknowledge Jesus and give thanks?
- 3) Walking Prayerfully
 - a) Pray and give thanks for the ability to walk, the time and the place
 - b) Pray as you walk for each neighbor you pass and each home or business you walk by
 - c) Memorize scriptures, Psalms, ancient prayers as you walk
 - d) Listen to scripture on your phone/ipod as you walk
 - e) Listen to sacred or contemporary Christian music as you walk
- 4) Walking to Exercise
 - a) Give thanks for your body before each walk, and treat your body as the masterpiece of creation that it is!
 - b) Map out a route that seems just at the end of comfortable – MapMyWalk and other apps can help with that. Walk it once to get a base line, and try to walk just a little bit faster each time you walk it.
 - c) When you have comfortably accomplished that walk, try another one just a bit further!
 - d) Fitbit challenge friends and family!
- 5) Walking Mindfully:
 - a) Practice noticing without judging or assuming – this is very important, and a spiritual discipline!
 - b) Listen – what do you hear in the neighborhood?
 - c) What do you smell?
 - d) What do you see? Who do you see? Are there more strollers or walkers?
- 6) To Meet and Build Relationships:
 - a) Walk with a spouse or family member, pray for each other, go deeper than you normally would.
 - b) Walk with a friend, and pray for each other
 - c) Walk with an enemy and work it out!
 - d) Walk alone and invite people you meet to come along with you!
 - e) Walk with dog, kids, and everyone you can and start a parade!
- 7) Prayer Walking as Outreach:



- a) Get a map of the neighborhoods around the church & mark them into 'walk-sized' areas; have people sign up for set times of walks, or regular walks in those areas.
 - b) Focus on neighborhoods around schools, senior centers, hospitals and other strategic groupings of lots of people coming and going.
 - c) It helps to have 'walk hosts', who know the area and can lead the walk physically.
 - d) Keep the groups manageable – 3-6 or so is plenty at a time. Too many and the neighbors will think they are being invaded!
 - e) Pay attention to your neighbors - what kinds of family groupings you see – are there more SUV's than smart cars?
 - f) Stop and pray at intersections, street corners or significant places.
 - g) If you have children or young-at-heart folks, bring along some chalk and chalk hearts or pictures where you stop and pray.
 - h) The first time you do this in a neighborhood – just walk and pray
 - i) The second or third time you do this in a neighborhood - If you see neighbors – ask if you can pray for anything for them! If they are curious, tell them why you are there.
 - i) You can give out small cards that let people know you are praying for them and the name of the church - don't make it to 'advertisy' – this is about the Christians in prayer, not the church recruiting.
- 8) Special occasion prayer walking:
- a) Back to school – you could walk to the local schools and pray on the way. In some communities, parents and volunteers form "walking buses", where kids who walk go to school with adults around them – like a school bus!
 - i) You could also prayer walk to high schools during the 'See you at the Poles" (get permission to be on the school grounds from principals so they don't worry!)
 - b) Reverse Trick or Treat – prayer walk, giving out candy as you go
 - c) Thanksgiving – let people know you are giving thanks for them as you walk!
 - d) Christmas – we call it caroling, but it can also be a prayer walk!
 - e) Valentine's day – We love our neighbors! Walk around and give out chocolates...
 - f) Federal workers at home? Walk and pray for them and with them!
 - g) You get the point...
- 9) Lets Walk and Pray! OR Pray and Walk!





First Step: Meditative Walking — paying close attention to where we are, to the movement of our feet and legs, to the breathing we do as we walk. Staying focused precisely on this present moment, and feeling thanksgiving to God for this moment. If you need something in your head, focus on simply 'right, left' or 'thank, you' or 'here, now' (which is one I use a lot!)

1 Kings 8:58 The Message (MSG) - ⁵⁸ "May he keep us centered and devoted to him, following the life path he has cleared, watching the signposts, walking at the pace and rhythms he laid down for our ancestors.

Second Step: Communal walking — the whole group walk in step together, sensing each other's movement, setting a rhythm together, as a community. Stay aware of all those around you and your part in the movement of the whole. What is this experience like for individuals? For the group? What does it mean to walk together in Christ, given this experience?

Deuteronomy 6:4-9 NRSV -⁴ Hear, O Israel: The LORD is our God, the LORD alone"⁵ You shall love the LORD your God with all your heart, and with all your soul, and with all your might.⁶ Keep these words that I am commanding you today in your heart. ⁷ Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. ⁸ Bind them as a sign on your hand, fix them as an emblem[pl on your forehead, ⁹ and write them on the doorposts of your house and on your gates.

Third Step: Walking with a spiritual purpose: memorization, prayer, discipline. As we walk, we can say certain prayers over and over, or recite in our minds scriptures we want to practice memorizing. Here's a few to try:

-The Lord's Prayer

-The "Jesus" Prayer — Jesus Christ, son of God, have mercy on me a sinner -

Memorize a piece of scripture like the above "Shema" from Deuteronomy -Be

Still And Know That I Am God prayer (breaking down word by word)

-Just a word or two — like "Bel-oved", "Still", "Come Holy Spirit"

Luke 24:13-15 The Message - That same day two of them were walking to the village Emmaus, about seven miles out of Jerusalem. They were deep in conversation, going over all these things that had happened. In the middle of their talk and questions, Jesus came up and walked along with them.

Fourth Step: Prayer Walking for the community - walking areas of your community, praying for the things you see. Pray for the problems you observe, that God might be present in them. Pray for each person you see. Stop and ask people if you can pray for them, meet them, hear their prayers, accept their rejection if that is what happens. Pray over what happens in the buildings you pass, in the cars that drive by, in the hearts of the people God loves. If more than one person, stop and pray as a group on street corners, asking God to break through in a powerful way in the community, in the city. With children, point out places and people for them to pray for, especially other children they see. Help them draw on the ground in chalk or water to mark where they are praying.