

PRAYER WALKING TIPS

Do you feel like you have two left feet when it comes to prayer walking? Here are a few tips to help you get off on the right foot.

Pray for Direction – Prayer originates with God, so talk with him about how to get started, “*Call to me and I will answer you . . .*” (Jer. 33:3), and where he would have you walk and pray. “. . . *Your ears will hear a voice behind you saying, ‘This is the way, walk in it’*” (Isa. 30:21). Think of prayer walking as a way to get to know God better by taking a walk with him.

Get Cleaned Up – Before you can pray for others, you need to be in right relationship with God. Allow the Holy Spirit time to examine your heart, confess any known sin, and accept God's forgiveness. Then you will be a clean vessel ready for God's use in prayer. “*Search me, O God, and know my heart . . .*” (Ps. 139:23-24). “*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness* (1John 1:9).

Get Dressed – The object of a prayer walk is not to draw undue attention to yourself, so it's best to leave the monk's robe and incense-box-on-a-rope at home. In addition to putting on the whole armor of God as described in Ephesians 6:10-18, wear clothing appropriate for the season and location (culture), along with comfortable walking shoes.

Start Where You Are – Don't worry about whether you do everything just right, or what other people may think of you, “. . . *Do not fear the reproach of men . . .*” (Isa. 51:7). Lean on the Holy Spirit. “*In the same way, the Spirit helps us in our weakness . . .*” (Rom. 8:26-27). Take a brief walk around your neighborhood, asking God to give you eyes to see your neighbors as he sees them. Pray silently for them as God gives you insight about them from bikes, boats or other items you see.

Use Scripture – To keep your prayers biblical, spend time reading the Bible. Memorize God's word or carry a few key verses on index cards to refer to as you pray. “. . . *so is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it*” (Isa. 55:11).

Thank God that he loves your lost neighbors and pray that they would believe in Jesus. (John 3:16) Ask him to bring them out of darkness. (Col. 1:13-14) Pray for them to be released from whatever hinders their faith. (2Tim. 2:25-26) Allow God to teach you through Scripture to pray in the character of Jesus, and remember “[God] is able to do immeasurably more than all we ask or imagine . . .” (Eph. 3:20), so **pray believing he will answer.**

Involve Others – Invite a Christian friend at work to come early to walk by each desk and pray for fellow workers. Think about places you'd like to prayer walk and Christians you know in that setting who might walk and pray with you. Participate in organized prayer walks at your church or in your community.

The best way to learn to prayer walk is to give it a try, so tie your shoes and take those first steps while you're thinking about it.

Prayer 101, What Every Intercessor Needs to Know by Elaine Helms, pages 144-146

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HOW TO PRAY FOR THE LOST

- Claim the person you are praying for as God's purchased possession in the name of Jesus and on the basis of His shed blood. "In Him we have redemption through His blood" (Eph. 1:7, NASB).
- Ask God to tear down the works of Satan, like false doctrine, unbelief, or other teaching that the enemy may have built up in a person's life. Pray for his thoughts to be taken "captive to the obedience of Christ" (2 Cor. 10:5, NASB)
- Pray that the Holy Spirit will convict him of his sin and his need for a Savior. "The kindness of God leads you to repentance" (Rom. 2:4, NASB)
- Pray that the person will hear, receive, or read God's Word and that God's will and purposes may be accomplished through Scripture. "So will My word be which goes forth from My mouth; It will not return to Me empty, Without accomplishing what I desire" (Isa. 55:11, NASB).
- Pray that the person's eyes will be opened and ears unstopped so that the truth is heard. "And even if our gospel is veiled, it is veiled to those who are perishing, in whose case the god of this world has blinded the minds of the unbelieving so that they might not see the light of the gospel of the glory of Christ" (2Cor. 4:3-4, NASB).
- Pray with consistency and perseverance, not to persuade God but because of the resistance of the enemy. Read Daniel 10:12-13. "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord" (1 Cor. 15:58, NASB)
- Thank God for making us more than conquerors. "But in all these things we overwhelmingly conquer through Him who loved us" (Rom. 8:37, NASB). "Thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Cor. 15:57).
- The key is for the lost person's heart to be changed by the saving power of Christ. The acronym **HEART** will help one remember what to pray.
 - A. Pray for receptive **HEARTS** (see Luke 8:5, 12)
 - B. Pray for their spiritual **EYES** to be open (see Matt. 13:15; 2 Cor. 4:3-4).
 - C. Pray for God's **ATTITUDE** toward sin (see John 16:8).
 - D. Pray the person to be **RELEASED** to believe (see 2 Cor. 10:3-4; 2 Tim. 2:25-26).
 - E. Pray for a **TRANSFORMING** life (see Rom. 12:1-2).
- Pray for them to have God's attitude toward sin. "And He, when He comes, will convict the world concerning sin and righteousness and judgment" (John 16:8, NASB).
- Ask God for an opportunity to invite them to a harvest event. ". . . 'Go out into the highways and along the hedges, and compel them to come in, so that my house may be filled.'" (Luke 14:23, NASB)

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