

WEEK 6: PRAYER WALK

Why Prayer Walk?

Believe it or not, God is at work all around us. He is at work in your home, heart, neighborhood, work place, and everywhere in between. Our biggest problem is that we tend to be too busy to see where God is at work. It takes great intentionality to see the world the way God sees it. This week, we are going to learn how to prayer walk in an attempt to “wait” for God by listening to the Holy Spirit and see where we might be able to join God in His work in our neighborhood.

What is a Prayer Walk?

It is an opportunity to slow down our busy lives and “wait” for God by talking and listening to God with regards to our own heart and/or a specific people or place. Remember what we studied last week, the Holy Spirit wants to come alongside us and guide us into truth, fill us with his presence, and empower us to make God’s name known. A prayer walk is an intentional opportunity to experience those spiritual realities.

How to Prayer Walk

- › **Step 1:** Identify an area that you want to prayer walk.
- › **Step 2:** Find your prayer walking team. Prayer walking should take place with 1-3 people max (solo is an option).
- › **Step 3:** Go for it! Your prayer walk will consist of 3 laps around your designated area. A typical prayer walk should take about 30-45 minutes.

» **First Lap: Observation** – talk to God about what you see as you seek to learn about the area in which you are prayer walking. If you are prayer walking with other people you can share your observations out loud. Try not to elaborate much on your insights, most of your time should be talking to God and just pointing out observations (i.e. I notice three cars in the driveway, they have a flag from Ukraine, that window is broken, there is a kids playset, etc...)

» **Second Lap: Look Inward** – ask God to convict your heart regarding your attitude and behavior toward the place/people you are prayer walking. During this lap you can be completely silent or feel free to confess areas of sin with someone else who is walking with you.

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» **Third Lap:** *Wait & Listen* – Ask God what your next step(s) should be and listen for any promptings from the Holy Spirit. Ask God to bring to mind a scripture that is applicable for the place you are prayer walking. If you are walking with other people you can quote scripture out loud.

Debrief: This is an important step after we prayer walk. It's an opportunity to share what you learned from the experience, and/or believe God is putting on your heart. There is wisdom in the counsel of many.

» **Ask** a combination of the following questions:

What did you see while you were prayer walking?

What stood out to you that you didn't know before?

Did any scriptures come to mind as you were prayer walking?

Did the Holy Spirit point out any area of sin or apathy in your heart toward the people/place you prayer walked?

Do you have a sense of what you should do next?

Is there someone you should share your story with to help keep you accountable?

What did you learn that is instructive for how you ought to pray for the specific people/place you prayer walked?

WEEK 5: TAKE HOME ACTIVITY

Questions For Reflection

Prayerfully read **Galatians 5:22-26** each day this week and pick a different set of questions (below) every day to help you reflect on the passage more.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

—**Galatians 5:22-26**

» What is fruit? Who benefits from fruit? What would be the cause of fruitlessness?

» Is there any significance to the order of fruit? Which one do you struggle with most?

» What are some phrases that would be synonyms with the phrase “keep in step”? Write them below and ask God how you can better practice this principle today.

WEEK 5: TAKE HOME ACTIVITY

» Why does the Apostle Paul use the word “But” in v.22? Look back at the previous v.16-21 and describe in your own words what concepts Paul is trying to contrast.

» How are verses v.25 and v.26 complimentary? How does the Holy Spirit help us accomplish the type of life Paul describes in v.25.