



A Guide for Prayer Walks

Why prayer walk?

We are to pray continually, yet many people struggle to sit still. Prayer walking is a way to engage your body, heart, and mind. God doesn't need us to pray, but he invites us to. When we pray, we partner in ministry with him. Scripture notes instances where God waits to move until people pray (1 Kings 18, 2 Kings 20:1-11, Acts 12:5-17 and more). There may be people we never meet face to face, but we can bless them and partner in God's mission to redeem all people to himself by praying for them.

Praying for a community

Walk your neighborhood (or a specific neighborhood/community) and pray for each home you see.

Pray that those who live there would:

- Know Jesus personally and follow him faithfully
- Experience God's peace and presence
- See God and their community show up to meet their needs

Listen

- Ask the Spirit to show you specific things to pray over this area

Engage

- As you see people, say a quick prayer for the Spirit to give you the words to say, then engage in a conversation. Ex: "How are you? I'm on a prayer walk, praying for every home in this area. Is there anything specific I can pray for you about?"
- If someone shares a prayer request, ask if they would like you to pray for them right then. Do not touch them unless you gain permission to put a hand on their shoulder, as many might not be comfortable with this.
- Hand them a card, invite them to church, and say you'll look for them!

Praying for our church

We invite you to walk circles around MCC (outside or inside) and/or spend time in the prayer garden.

- Thank God that this is his church and he is in control.
- Ask God to guide, give wisdom, and grant protection from the enemy for the elders, pastors, and staff.
- Surrender your will to God's. What is his will for MCC? How does he want you to be a part of the community and work of the church?
- Pray God would draw lost people to himself and that they would have the courage to come to church.
- Ask the Spirit to soften the hearts of our church body so we may hear clearly from him and obey.
- Pray that MCC would walk faithfully in God's will and partner with him in bringing salvation to the lost.
- Repent on behalf of our church body. Ask forgiveness for idolatry and lack of sacrifice and passion in serving the Lord.
- Pray that our church would feel welcoming and inviting to people coming for the first time, that they wouldn't go unnoticed, and that joining in feels natural and easy.

Praying to connect with God

- This is your time to marvel at our Creator God and bask in his love and presence.
- Praise God for his attributes and thank him for his blessings.
- Note everything you see as you walk and talk to God about it. Ex: Each blade of grass, each leaf on the tree, every living thing, every sound you hear and color you feel... Listen to the sounds of people and nature and rejoice in God's love.
- Ask him to search your heart and reveal sin. Confess and repent. Think about times during your day where you weren't aware of God's presence or didn't respond in his love and grace.
- Ask for wisdom in any area you need it.
- Be still and listen. What is he saying to you?
- Take deep, intentional breaths and quiet your heart and mind.
- Enjoy being in his presence.

**Prayer time can be enhanced by fasting. When we fast from food for a particular amount of time that is dedicated to the Lord, we often hear from him more clearly.*