

Prayer Walking



Prayer Walking is simply walking and praying at the same time through a neighbourhood or sometimes a shopping mall in our city asking the Lord to work in the lives of the residents or shoppers. We pay attention to our surroundings and the people in them all the while asking God to show us what to pray for. We always offer a prayer of blessing in order to leave a touch of kindness and love.

Helpful Hints

- Travel in pairs for safety.
- Pray with your eyes open as you walk, also for safety!
- Remember that God cares deeply for each person in our city. Listen for God's direction.
- Expect God to unleash his power through prayer.

Option: Carry Tim Horton coupons to give to people as you stop and bless them with a spoken word as well as a small act of kindness. As you are talking to the person ask God to give you insight for your prayer or even tell the person what you are doing and ask if you can pray for them more specifically.