

Instructions and Tips for Productive Prayer Walking

1. Prepare your heart (See the document: Prayer Matters)
Bring water, wear safe shoes and a hat if needed.
2. Seek God's leading in planning a walk. Keep the walking ability of your group in mind and keep to the agreed time.
The length can vary from 30 minutes to 60 minutes depending on your location and distance that you desire to cover. For those who can walk very little, a hilltop or overlook can be chosen as a place to pray looking over the school or community.
3. Keep your group or sub-group to 2- 4 people to be on site with insight without being a "sight." You and your friends are just out for a walk.
4. Use your prayer guide to keep you focused. Plan a sharing session afterward if needed in order to keep your walk for the purpose of prayer.
5. What is prayed in the group, stays in the group.
6. Respectfully follow all the laws and regulations in the community where you are walking. Be a living witness of the righteousness and goodness of God.
7. Plan a way to reconnect in some way with your group to praise God for His answers and leading. Consider a future walk to thank Him and pray for continued progress.
8. Give attention to God's leading. Praying on site with insight often leads to the opening of our spiritual eyes by the Lord. Be obedient to His leading in prayer.
9. Check out the purpose for prayer walking on
<http://media1.imbresources.org/files/85/8522/8522-46575.pdf>
10. Let us know about your prayer walk with a praise and prayer report:
mail@cefnorthsandiego.com

