



Prayerwalking 101

“Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.”

Jeremiah 33:3

Isn't it great when you multitask and accomplish two purposes with one effort such as washing laundry while baking a cake or washing the car while listening to your favorite game?! As Christians, wouldn't it be even greater to serve the Lord in two ways at the same time? That is what prayerwalking allows...serving God through prayer and caring for our bodies by walking. It's that simple.

Prayerwalking is...

- ✚ a lifestyle of unceasing prayer
- ✚ walking while praying
- ✚ an intentional prayer toward the Great Commission
- ✚ a spiritual warfare prayer
- ✚ a vision-oriented prayer

Practical tips:

- ✚ Keep your eyes open!
- ✚ Pray Biblical Prayers
- ✚ Pray aloud as much as possible
- ✚ Allow the Spirit to direct your prayers
- ✚ Pray conversationally
- ✚ Walk slowly
- ✚ Wear appropriate clothing
- ✚ Take local church contact information



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- ✚ Pray toward the removal of spiritual blinders—
People's needs are primary
- ✚ Try not to do things that draw attention to yourself
- ✚ Look for witnessing opportunities
- ✚ Avoid excessive picture taking
- ✚ Keep water bottles on hand
- ✚ Focus praying on God and people

Through prayerwalking, we are walking with Christ in unceasing fellowship which places us right in the midst of where He is working in our world. Therefore, we are on mission with Christ through prayer.

Prayer is a privilege and an honor as well as a gift for Christians that enables us to come before God on the behalf of others because of what Christ accomplished on the cross for us.

"He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"

Micah6:8

Source and additional information: "Prayerwalking Made Simple" by J. Chris Schofield. www.PrayNC.org.

***The information in this insert is meant to complement the advice of your healthcare provider, not to replace it. Before making any major changes in your lifestyle, talk to your doctor.**

For more information, please contact:

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