

Willesden Seventh Day Adventist Church Personal Ministry



Praying On Site With Insight

Contents

| | |
|---|----|
| Introduction..... | 2 |
| Definitions | 3 |
| Biblical references | 4 |
| Why prayer walk? | 4 |
| Preparation | 5 |
| Implementation | 6 |
| Debriefing | 7 |
| Scripture prompt | 7 |
| Specific Acrostic prompts for your prayers..... | 8 |
| Commitment page..... | 11 |
| Further reading..... | 11 |

Introduction

This booklet 'Prayer Walking on Site with Insight' was initiated during a day of prayer and fasting. The same day I did the early morning devotion on Joshua 1: 1-8 during which I focused on Verse 8 'you shall meditate on it day and night'

However during the day of fasting my prayer partner and I reflected on the same passage but focussed on verse 3: Every place that the sole of your foot will tread upon I have given you, as I said to Moses. (New King James Version)

This triggered much discussion. What if we do so in our area on the streets where we live? What if we encourage the church members to do the same? These what ifs led to reflect on the song: 'It is no secret what God can do what He has done for others He will do for you'. So if God did it for Joshua He can do it for us in our areas as exercised faith in Him.

We were then encouraged by bible verses, "With man this is impossible, but with God all things are possible," (Matthew 19:26). The impossible is accomplished for the glory of God. There are many people who need to know about the love of God who are having challenges in many aspects of their lives. Another text we thawed on was 'I can do all things through Christ who strengthens me' Philippians 4:13 God empowers us to do the impossible, and sometimes his grace leads us to supernatural miracles. 'If you can'! All things are possible for one who believes." Mark 9:23. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. Mark 11:24 No matter what difficulties or setbacks, as long as we pray and rely on Him with a true heart, God will fulfil our prayers according to His will.

Deliberating on these bible verses in relation to the way the Holy Spirit was guiding we were compelled to apply Joshua 1:3 in the area where we live and in the Borough of Brent where our church is located and in which many parishioners live. As we continue to pray we decided we will invite others to prayer walk the street and their neighbourhood in which they live as some parishioners do not live in Brent

We continued to pray claiming many of God's promises on the love of God for people. People for whom Christ died to redeem. Many do not know Him or accept Jesus as their personal Saviour from sin. 'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.' (St John 3:16) This is the will of God which applies to whosoever.

So we ended the fast with intention of sharing the idea with our church members. Shortly after the fast I decided to research the topic. I have prayer walked many times in the past but as I *researched* the topic I was refreshed. I thought if we are encouraging others to Prayer Walk perhaps they too may be encouraged and refreshed as they practice this form of intercessory prayer. The result is this booklet ' **Prayer Walking on Site with Insight**'.

Pray is the road to heaven but faith opens the door

Definitions

What is prayer?

- **Prayer** is the breath of the soul. It is the secret of spiritual power.
- Prayer is **the channel of communication between our souls and God**. God speaks to us through His word. We respond to Him through our prayers, and He always listens to us. We cannot weary or burden Him by our frequent heart to heart communications
- Is the key in the hand of faith to unlock heaven's storehouse
- Prayer is **giving our attention to God in a two-way spiritual relationship where we talk to God and also listen to Him**

What is prayer walking?

- A walk filled with prayer interceding on behalf of people and places as one walks through the streets of our communities
- It is actually walking around your community alone, in pairs or in groups of four praying for people and the places you see around you
- It is walking with the intention of praying for situations and people as they walk. It is a kind of "moving intercession" thus fulfilling 1 Thessalonians 5:17
- It is walking with the intention of praying for situations and people as they walk
- During the walk the Holy Spirit may lead you to stop and intercede at specific locations
- The idea is to use the five senses—sight, hearing, smell, taste, and touch—to engage both the body and mind in the ministry of prayer for the needs of others

- Taking our prayers to the very places where we desire to see God's presence manifested and our prayers answered
- There is something significant and powerful about making our prayers physical by standing at a location and expressing a desire for the place
- It is actually prayer on site from God's Insight. God begins to speak to our hearts through what we see with our physical eyes
- **It is intentional. An engaging and exciting way to pray.**

Prayer is the world's greatest wireless connection

Biblical references

There are no passages in the Bible that specifically mention prayer walking or one which specifically instruct us to 'prayer walk'; neither are there scriptures that say we should not do so.

Prayer walking has been practice by Christians for many years. The bible links walking with the promises of God on many occasions:

- Noah was described as 'walking with God' **Read Genesis 6:8, 9**
- Abraham was told to walk the land for "I am giving it to you" **Read Genesis 13:14-18**
- God told Joshua "I will give you every place where you set your foot as I promised Moses" **Read Joshua 1:1-8**

The original idea for a 'prayer walk' may have come from the account in Joshua 6 where God directed the Israelites to march around the city of Jericho. Read Joshua 6

Many bible verses can be found about the impact that intercession has on the wellbeing of our community, and us. **Read Proverbs 11:10, 11; James 5:16**

Jesus taught that our prayers should not be for ourselves alone but extend beyond praying for the needs of others. Christ came to live an exemplary life and to redeem the lost, and we have the opportunity to join Him in that work. Read Luke 10:1, 2

Prayer for others can introduce them to the amazing love of God and lead them to a life-changing decision to accept His Son. **Read John 15:16**

If you pray when you are in trouble you are in trouble

Why prayer walk?

- Helps us to observe the area and what is going on there. It enables us to see our neighbourhood as Christ sees it
- Our ears are more sensitive to promptings of the Holy Spirit when we do a prayer walk in the area
- It helps us to focus on God's purposes resulting in personal time with Him and not focusing on ourselves
- When planning for an evangelistic meeting a prayer walk prepares the way for God's Spirit to move in the area the meetings will be held
- It can also aide in breaking the power of evil over a place
- Blessing your street, community, neighbourhood with God's love and power
- It is practical. It is focused praying for our neighbours, our street, our city
- Prayer walking can be a great alternative to the usual prayer session, and benefits the participants as well as those who are prayed for

Don't pray for life to be easy but pray yourself to be strong

Preparation

Prayer walking is intentional and strategic so there must be preparation

Spiritual preparation

This is very important because you are praying to lose the bonds to set some of the enemy agents' free (spiritual warfare).

- Praying for His continued presence / guidance / impress upon you His agenda for His people
- Following God's leading – sent by God-commitment (Ps 23:3)
- Pray and study God's word: clean and covered (1 John 1:9)
- Spiritual eyes to see and pray strategically (Eph. 1:1)
- Pray for a sensitivity to God's work (John 17:24)
- Pray for God to open avenues, doors for His work (Acts 4:31)

Know your mission: expect that God will hear. He will act. Use your gift to reach and love His people. Ask God to give you a passion for people

Preparation of the Location

- Ask for God's guidance: where/ when/ what to pray for
- Have copies of maps of the area
- Research the area : demographics: ethnicity, age, socio-economic status
- Do what you can to familiarise yourself with the area

Sometimes all it takes is prayer to change everything

Preparation for Divine Encounters

- Jesus sent the disciple 2x2 : to pray and go with the intention of sharing the love of Jesus: your bible, bible texts, tracts
- May have a theme for your prayer walk throughout the day

Prayer walking in partnership

- With a Christian neighbour
- With your Sabbath school class
- Someone from your life / small group
- A family member
- Other churches in your vicinity
- Find someone in your neighbour or street who may be interested in prayer walking with you. How? You can put a note or a card with relevant information requesting support for prayer walk partner. Add your contact detail. Ask the person to indicate their time, day availability proposed meeting place and to make contact

Clothing preparation

- Be properly attired
- Dress modestly
- Wear appropriate shoes

Pray walk by faith and not by sight

Implementation

Before leaving divide into teams or pairs

- How long will be the prayer walk? Set a time to return
- Discuss any relevant information. Pray for the target area
- Have your bible, scriptural texts, books, tracts, information cards about what your church offers the area
- Pray specifically for: protection, Divine appointments, wisdom and boldness to share with the people as the Holy Spirit leads
- Any possibilities: prayer drive
- When the children are involved please follow your Safeguarding Policy

Focus directly on the needs of others – *God's sight*

- *Pray without ceasing*
- Pray audibly but quietly for better agreement and clarity/ silence (conversationally if with a group).
- Walk slowly to allow time to observe the environment and cover the community in prayer. Remember the focus. It is intercession for people
- When confronted with evil pray earnestly: Holy Spirit/ redemption
- Pray strategically
- Make prayer walking an act of worship: praise, thanksgiving and repentance
- Read or repeat scripture

- If the process get uncomfortable inform your team and ask them to pray for you
- Pray with a purpose: present needs and places you see : blessings, breakthrough
- Pray God to remove the spiritual darkness that prevents people from Jesus and claim the love of God and His compassion over their lives
- Pray blessing over the area
- Someone may ask “What are you doing?” be prepared to listen to the Holy Spirit before answering. After answering you may ask whether the person would like to be prayed for and whether they have a prayer request.
- Be persistent. Always ask God to let His presence be known anywhere you walk
- As you walk and focus on God's presence, the Holy Spirit may bring something in particular to pray for a person, a home, or a specific area. Follow His leading

NB: We put ourselves in the situation where God can use us to meet with individuals who otherwise may not have contact with us (Christians)

God is everywhere so pray anywhere

God is everywhere so pray anywhere

Debriefing

- Assemble again at the appointed time and place
- Share some of God's insight and how the Holy Spirit led you
- Pray for specific people and strategic points raised by the pairs teams
- Commit to continue to pray for the people identified
- Praise and thank God for the experiences
- Create a Prayer Walking Diary (present and future): major impressions, divine interventions
- **Be consistent! Be persistent! *Not a one off!***

Preparation for Debriefing

Whenever possible and as soon as possible please record the following so it will assist you in your debriefing session

1. Take note or record any impressions, celebrations, contacts and convictions
2. What is God saying to me about how I can use my gifts, talents and abilities to be part of the answer to my prayer
3. Where should I serve my area or community as part of the' Prayer Walking on site with insight

Pray in it, pray on it, pray over it, and pray through it

Scripture prompt

Familiarise yourself with these scriptures which can be used on the prayer walk

1 Pet. 5:7-11

⁷Cast all your worries upon him because he cares for you. ⁸Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. ⁹Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. ¹⁰The God of all grace who called you to his eternal glory through Christ [Jesus] will himself restore, confirm, strengthen, and establish you after you have suffered a little. ¹¹To him be dominion forever. Amen.

1 Cor. 15:57-58

⁵⁷But thanks be to God who gives us the victory through our Lord Jesus Christ. ⁵⁸Therefore, my beloved brothers, be firm, steadfast, always fully devoted to the work of the Lord, knowing that in the Lord your labour is not in vain

Zech. 4:6a

Not by might, and not by power, but by my spirit, says the LORD of hosts.

Luke 1:17

He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord."

2 Chronicles 7:14

If then my people, upon whom my name has been pronounced, humble themselves and pray, and seek my face and turn from their evil ways, I will hear them from heaven and pardon their sins and heal their land.

Mark 4:14-20

¹⁴The sower sows the word. ¹⁵These are the ones on the path where the word is sown. As soon as they hear, Satan comes at once and takes away the word sown in them. ¹⁶And these are the ones sown on rocky ground who, when they hear the word, receive it at once with joy. ¹⁷But they have no root; they last only for a time. Then when tribulation or persecution comes because of the word, they quickly fall

away. ¹⁸Those sown among thorns are another sort. They are the people who hear the word, ¹⁹but worldly anxiety, the lure of riches, and the craving for other things intrude and choke the word, and it bears no fruit. ²⁰But those sown on rich soil are the ones who hear the word and accept it and bear fruit thirty and sixty and a hundredfold.”

Revelation 12:9-12

⁹The huge dragon, the ancient serpent, who is called the Devil and Satan, who deceived the whole world, was thrown down to earth, and its angels were thrown down with it. ¹⁰Then I heard a loud voice in heaven say: “Now have salvation and power come, and the kingdom of our God and the authority of his Anointed. For the accuser of our brothers is cast out, who accuses them before our God day and night. ¹¹They conquered him by the blood of the Lamb and by the word of their testimony; love for life did not deter them from death. ¹²Therefore, rejoice, you heavens, and you who dwell in them. But woe to you, earth and sea, for the Devil has come down to you in great fury, for he knows he has but a short time.”

James 4:7

So submit yourselves to God. Resist the devil, and he will flee from you.

Proverbs 11:10-11

¹⁰When the just prosper, the city rejoices; when the wicked perish, there is jubilation. ¹¹Through the blessing of the upright the city is exalted, but through the mouth of the wicked it is overthrown.

1 John 4:4

You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world.

Faith and pray are both invisible but they make impossible things possible

Specific Acrostic prompts for your prayers

This uses **WALK** as an acronym, and contains 4 simple steps:

W – Worship

As you set off walking be focus. Recite a Psalm;

Hum a **worship** song;

Pray;

Recognize Him for who He is and give Him the honour praise and glory that is due to Him;

H helps; basically anything that will help you declare that God is sovereign over the streets you walk.

A – Ask

Flowing from your worship begin petitioning God for His Spirit to work on the hearts of those on the streets as you walk in the homes, businesses, schools and other churches you walk past;

Begin to get specific and pray for people and situations;

for those who are lost, for faith believers, the youth and any other group;

ask God to allow you to come in contact with those who are opening up doors of opportunity for the gospel within your community.

L – Listen

As you worship and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or prophetic words and pictures; listen for promises and literally walk these promises all over your community.

If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts.

K - Know your Land

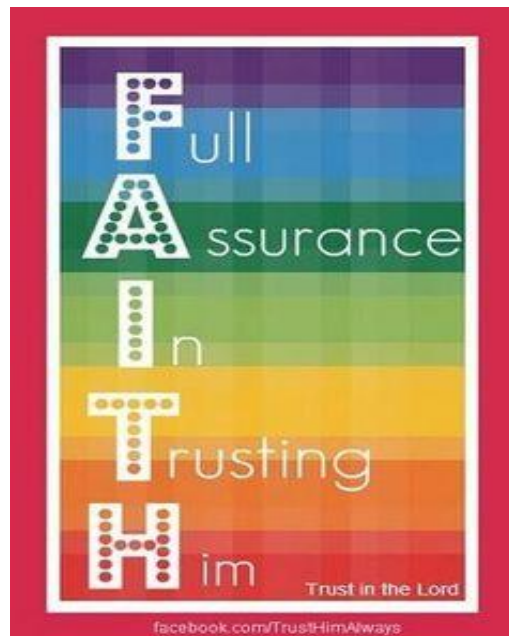
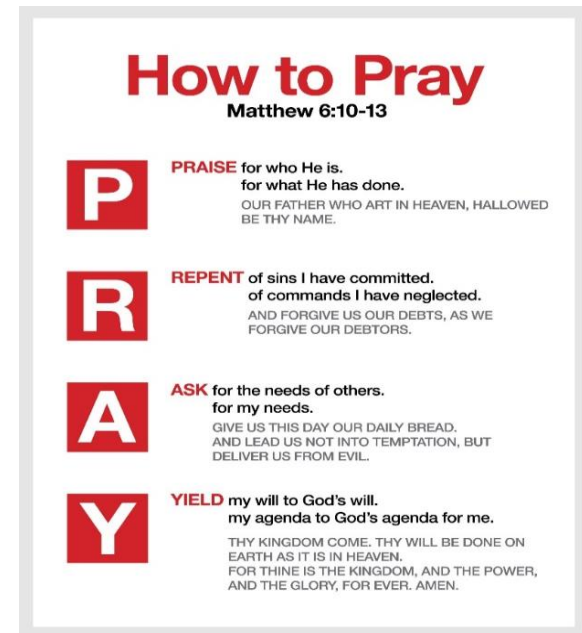
Get (and keep) yourself informed around the area you are prayer-walking;

Research some of its history; some of its ongoing problems; so you can pray for breakthrough.

Get to know some of the current situations that require persevering prayer and also celebrate the particular graces that rest on the area, asking God to make your area a blessing beyond its border

- The idea is to use the five senses—sight, hearing, smell, taste, and touch—to engage both the body and mind in the ministry of prayer for the needs of others
- Taking our prayers to the very places where we desire to see God's presence manifested and our prayers answered
- There is something significant and powerful about making our prayers physical by standing at a location and expressing a desire for the place
- It is actually prayer on site from God's Insight. God begins to speak to our hearts through what we see with our physical eyes
- **It is intentional. An engaging and exciting way to pray.**

Pray! Watch! Work!



| Bless | Subject | What to pray |
|----------|-----------|---|
| B | Body | Physical needs |
| L | Labour | All the labour of their hands |
| E | Emotions | Their emotional needs |
| S | Social | For the relationship among one another and others |
| S | Spiritual | All their spiritual needs |

***And it will be said: "Build up, build up, prepare the road!
 Remove the obstacles out of the way of my people." Isaiah
 57:14***

Commitment page

After reading this booklet and with prayerful consideration the Holy Spirit has created a firm desire for me to engage in this form of intercessory prayer

I will commence on:.....(insert date)

I therefore commit myself to **at least** **1** **2** **3** **4** **other**
hours a week

Time:

People joining me are:

I will prayer walk in the following location:

Lo I am with you always..... Matthew28:20

Further reading

Prayer walking by Steve Hawthorne and Graham Kendrick 1993

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