

# PRAYER WALKS

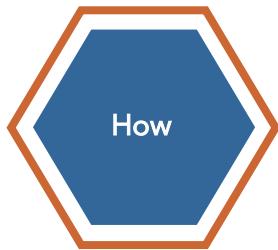
by Ruth Brown and the InterVarsity/USA Prayer Booklet

Prayer walks are a way to intercede for campus while being physically present in the spaces for which you are praying. Praying as we walk from place to place helps us see how God connects with every part of the environment. We listen and allow the Spirit to lead us in praying for our surroundings. We pray for physical buildings and departments, spiritual issues, groups of people, areas of hurt, etc.

## HOW TO DO A PRAYER WALK:



- **You can prayer walk individually or with any number of people.** In larger groups, split into groups of 2-3 and spread out across campus.
- **Invite a mix of people to go with you**, both experienced pray-ers and eager learners. This is a great way for alumni, faculty, pastors, and community members to join in.
- **Block off at least 30 minutes to pray.**



- **Start your time by inviting the Holy Spirit and begin walking.** As you walk and pray conversationally, be open to places God might be calling you to walk to or images or words the Spirit is giving you – or even people he might want you to talk and pray with. Follow their lead, graciously praying for them for what they request or respectfully leaving them.
- **Keep your eyes open as you pray** so that you don't run into telephone poles and also so that you can be inspired to pray by what you are seeing. You may pray for strangers, particular people groups, departments, etc. It is an amazing experience to see what God will lead you to pray for as your eyes are open.
- **You do not have to physically walk the entire time.** As you feel led, you can stop, enter a building, sit down, or pray in a certain room. The point is to listen to the Spirit and interact with the campus for which you are praying.
- **Alternate between silence and praying out loud** if you are with another person but remain prayerful the whole time. Keep yourselves in prayer the whole time you are walking. Don't interpret or talk about other things. Just pray!
- **Pray together to close** at the end of your 30 minutes.



- **After your prayer time**, you may want to talk with each other about what things God impressed on you during the prayer walk.
- **Consider this question:** is God calling you or your fellowship to respond to anything you prayed about?

For a guided prayer walk to "[spy out the land](#)" or for a more [general guided prayer walk](#), see the appendix.