

PRAYER- WALKING

Step  by  Step

Michael Roland

PRAYER- WALKING

Step  by  Step

Copyright © 2008 by Michael Roland
prayerwalking@advent-ages.com



*Compliments of the
Southern California Conference of Seventh-day Adventists
Prayer Ministry*

www.sccprayer.netadventist.org

“I will give you every place
where you set your foot,
as I promised Moses.”

~Joshua 1:3 (NIV)

Table of contents

What is Prayerwalking?	3
Examples of Bible Prayerwalkers.....	3
Enoch was the first Prayerwalker	3
Joshua.....	4
The Children of Israel	4
Why Prayerwalk?	5
Some Initial Benefits of Prayer Walking	5
To Claim our Families	5
To Claim our Neighborhoods.....	5
To Help Others	6
To Grow Spiritually	6
To Gain Personal Confidence in God.....	6
Three Things to Remember about Prayerwalking.....	6
1. Satan cannot penetrate the Blood of Christ.....	6
2. Satan cannot penetrate the Armor of God.....	7
3. Satan cannot penetrate Praise	7
Who can Prayerwalk?	7
Who can we Pray for?.....	7
Preparing to Prayerwalk.....	7
Put on the Full Armor of God.....	8
How to Prayerwalk	8
Scheduling regular Prayerwalks.....	9
Encouraging others to Prayerwalk	9
Prayerwalking Follow-up.....	10
Keep a journal	10
Share your experiences	10
In Summary	11
Recommended Reading	11
Resources.....	11
The Sword of the Spirit	12

What is Prayerwalking?

As its name implies “Prayerwalking” is praying while walking. It sounds simple doesn’t it—“Praying while walking”? That’s the wonder of prayerwalking; it is simple. But don’t underestimate the power of prayerwalking. Prayerwalkers pray on-site with insight.¹ Prayerwalkers pray prepared, prayerwalkers pray with a purpose and prayerwalkers pray with results.

This guide has a threefold purpose. First, it is to explain the principles behind prayerwalking. Second, to provide a simple guide to prayerwalking that can make anyone’s experience spiritually rewarding and third, it is to provide ideas as to how to encourage others to join the ranks of Prayer Warriors and receive the blessings that await them when they claim their homes, their neighborhoods, their schools and their churches in disciplined and determined intercessory prayer.

Prayerwalking may be described as:

- Walking with God
- Being a Prayer Warrior
- Intercessory prayer
- Being sensitive to the Word of God by His Spirit
- Praying in response to what you see and hear
- Seeing through God’s eyes
- Steps of faith and obedience
- Praying on-site with insight

Prayerwalkers
pray on-site with insight

Examples of Bible Prayerwalkers

Enoch was the first Prayerwalker

²⁴ **Enoch walked with God**; then he was no more, because God took him away.

~Genesis 5:24 (NIV)

Enoch, we read, walked with God three hundred years. **That was a long time to be in communion with Him. . . . He communed with God because it was agreeable to him, . . . and he loved the society of God.**

~ Conflict and Courage – 29

¹ Hawthorne, Steve, Graham Kendrick, *Prayerwalking*, Publisher: Creation House, 1993.

It is our privilege to stand with the light of heaven upon us. It was thus that Enoch walked with God. It was no easier for Enoch to live a righteous life than it is for us at the present time. The world in his time was no more favorable to growth in grace and holiness than it is now.

It was by prayer and communion with God that Enoch was enabled to escape the corruption that is in the world through lust. We are living in the perils of the last days, and we must receive our strength from the same Source. **We must walk with God. A separation from the world is required of us,** for we cannot remain free from its pollution unless we follow the example of the faithful Enoch. . . .

~ In Heavenly Places – 70

All things are possible to those that believe. No one coming to the Lord in sincerity of heart will be disappointed. **How wonderful it is that we can pray effectually, that unworthy, erring mortals possess the power of offering their requests to God!**

What higher power can man require than this--to be linked with the infinite God? **Feeble, sinful man has the privilege of speaking to his Maker.** We utter words that reach the throne of the Monarch of the universe. We pour out our heart's desire in our closets. **Then we go forth to walk with God as did Enoch.**

~ In Heavenly Places – 81

Joshua

Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. ³ I will give you every place where you set your foot, as I promised Moses.

~*Joshua 1:2b-3 (NIV)*

The Children of Israel

The Children of Israel could not have crossed the Jordan had they not taken that first step of faith. They were prayerwalkers:

¹³ “And as soon as the priests who carry the ark of the LORD—the Lord of all the earth—set foot in the Jordan, its waters flowing downstream will be cut off and stand up in a heap.” ¹⁴ So when the people broke camp to cross the Jordan, the priests carrying the ark of the covenant went ahead of them. ¹⁵ Now the Jordan is at flood stage all during harvest. Yet as soon as the priests

who carried the ark reached the Jordan and their feet touched the water's edge, ¹⁶ the water from upstream stopped flowing. It piled up in a heap a great distance away, at a town called Adam in the vicinity of Zarethan, while the water flowing down to the Sea of the Arabah (the Salt Sea) was completely cut off. So the people crossed over opposite Jericho.

~ *Joshua 3:13-16 (NIV)*

A monument was raised at the Jordan as a “memorial to the people of Israel”. No such monument was raised at the Red Sea. The difference?—At the Jordan the “people of Israel” were prayerwalkers they stepped into the Jordan **before** the waters parted. They took that step of faith in God.

^{6b} In the future, when your children ask you, ‘What do these stones mean?’ ⁷ tell them that the flow of the Jordan was cut off before the ark of the covenant of the LORD. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever.”

~ *Joshua 4:6^b-7 (NIV)*

Why Prayerwalk?

Pray without ceasing.

~ *1 Thessalonians 5:17 (KJV)*

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—

~ *1 Timothy 2:1 (NIV)*

Some Initial Benefits of Prayerwalking

- Prayerwalking thaws the ice
- Prayerwalking overcomes our fears
- Prayerwalking is spending time with God
- Praying is a ministry!

To Claim our Families

- Prayerwalk as you go about your home doing housework or yard-work.
- Parents can prayerwalk as they walk their little children to and from school. Parents can also teach their children to participate in prayerwalking with them.
- Parents can prayerwalk their children's schools as they visit for parent/teacher's meetings and other school functions.
- Grandparents: Prayerwalk at your children's homes when you babysit. Take strolls with your grandchildren and prayerwalk their neighborhoods or local parks they frequent.

To Claim our Neighborhoods

- Target specific areas that your church hopes to reach with the Gospel
- Prayerwalk your own neighborhood to claim it for the glory of God

- Prayerwalk an area during or following a crisis
- Prayerwalk Local Schools in your area
- Prayerwalk your Workplace
- City/Town:
 - Around Hospitals and Medical Clinics
 - Around Government Buildings
 - Police Stations
 - Night Clubs
 - Liquor Stores
- Churches
 - Prayerwalk your community prior to Vacation Bible School, Evangelistic Series, etc.
 - Prayerwalk in and around your church
 - Prayerwalk around a target site for a new church
 - Make Prayerwalking a part of all church field or mission trips

To Help Others

- We are following Christ's example of intercessory prayer (Luke 22:31-32)
- Some people have never been prayed for

To Grow Spiritually

- We will see things we do not normally see
- It encourages a lifestyle of prayer and witness

To Gain Personal Confidence in God

- Our prayers will bear fruit

Three Things to Remember about Prayerwalking

1. Satan cannot penetrate the Blood of Christ

Our prayers are sprinkled with the blood of Christ:

²¹ In the same way, **he sprinkled with the blood both the tabernacle and everything used in its ceremonies**. ~ *Hebrew 9:21 (NIV)*

¹ The point of what we are saying is this: **We do have such a high priest, who sat down at the right hand of the throne of the Majesty in heaven, ² and who serves in the sanctuary, the true tabernacle set up by the Lord, not by man.** ~ *Hebrew 8:1-2 (NIV)*

It is by virtue of the fact that Christ sacrificed His blood for our sins that He is qualified to mediate as our High Priest in the Heavenly Sanctuary. When we pray in His name our prayers are sprinkled in the blood of the Lamb of God.

2. Satan cannot penetrate the Armor of God.

(Ephesians 6:11-18)

The Armor of God and Prayer go hand-in-hand

¹⁸ **And pray** in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. ~ Ephesians 6:18 (NIV)

3. Satan cannot penetrate Praise

Praise is the language of Heaven (Isaiah 6:1-3; Revelation 4:8, 11)
God dwells in praise (Psalm 22:3)

While Prayerwalking sing songs of praise and/or quote Scripture.
Write memory verses on 3x5 cards (for example)

Who can Prayerwalk?

Everyone!

- You can prayerwalk as you—of course—walk.
- While riding busses, trains, subways, etc, you can learn memory verses or pray for people and places you see along the way.
- You can sing songs of praise while driving. And on those occasions when you get cutoff by someone in traffic, rather than get angry, pray that the Lord get that person to his or her destination safely. (It's difficult to stay or be angry at someone when you are praying for them.)

Who can we Pray for?

Everyone!

- Our friends (James 5:16)
- Our families (1 Samuel 1:27-28)
- Ourselves (Psalm 51:1)
- Our fellow workers in Christ (2 Thessalonians 3:1)
- Our fellow church members (Ephesians 6:18)
- Our enemies (Luke 6:28)
- Everyone (1 Timothy 2:1)

Preparing to Prayerwalk

⁶ So he said to me, "This is the word of the LORD to Zerubbabel: '**Not by might nor by power, but by my Spirit,**' says the LORD Almighty.
~ Zechariah 4:6 (NIV)

Put on the Full Armor of God

The ARMOR OF GOD

- BELT of TRUTH
 - BREASTPLATE of RIGHTEOUSNESS
 - FEET fitted with the READINESS that comes from the GOSPEL OF PEACE
 - SHIELD of FAITH
 - HELMET of SALVATION
 - SWORD of the SPIRIT which is the WORD OF GOD
-
- **AND pray in the Spirit** on all occasions with all kinds of prayers and requests. With this in mind, **be alert** and **always keep on praying for all the saints**.

¹¹ **Put on the full armor of God so that you can take your stand against the devil's schemes.** ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, ¹⁵ and with your **feet fitted with the readiness that comes from the gospel of peace.** ¹⁶ In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the **helmet of salvation** and the **sword of the Spirit, which is the word of God.** ¹⁸ And **pray in the Spirit** on all occasions with all kinds of prayers and requests. With this in mind, be alert and **always keep on praying for all the saints.**

~Ephesians 6:11-18 (NIV)

How to Prayerwalk

Prayerwalkers do not have to talk to people while prayerwalking. They do not have to be afraid of “witnessing” to others. They can simply pray, sing songs of praise, memorize bible verses, etc while they are prayerwalking. The most important thing to remember is that praying is a ministry.

While prayerwalking you may include the following:

- Asking forgiveness for personal sins (Psalm 51:1)
- Learning memory verses (Psalm 119:11) (use 3x5 cards for example)
- Reading Scripture aloud (Isaiah (55:10-11)
- Praying Scripture (1 Corinthians 15:57-58; Acts 26:18; Philippians 4:6; etc.)

- Singing songs of praise (Isaiah 42:10^a)
- Praying praises to God (Hebrews 13:15)
- Praying specific, short, conversational prayers for people you see or meet as you are led by the Spirit to do so
- Praying specific, short, conversational prayers for buildings or locations as you are led by the Spirit to do so
- Walking slowly around buildings or neighborhoods
- Sitting on benches
- Standing or sitting at overlook points
- Sharing testimonials as you walk
- Looking for clues as to how to pray for people's needs (toys may show the presence of children, a handicap ramp may reveal a physical need, etc.)
- Being sensitive to divine appointments

Praying is a Ministry

Scheduling regular Prayerwalks

Suggestions for scheduling Prayerwalks:

- In your neighborhood 5-7 times a week (10-30 minutes each)
- Around your church and/or the neighborhood around your church each week before church services

Encouraging others to Prayerwalk

First of all don't expect everyone or all in your church to become involved at the same time. It takes time to grow and God works with each person individually.

Don't use guilt, fear or pressure people to motivate others to participate. Remember—The Holy Spirit is the Great Motivator!

Don't expect everyone who prayerwalks to prayerwalk the same way. We are all individuals.

- Begin by prayerwalking yourself.
As you prayerwalk our Heavenly Companion will provide you with showers of blessings. Sharing those blessings with others will encourage them to participate in prayerwalking. If they seem a little resistant you can just ask them to "Give it a try" or "What can it hurt?"
- Make prayerwalking a regular type of family worship.
- Ask church members if they would like to join you before church to prayerwalk the neighborhood around the church each week before services.
- Give others a copy of this guidebook. (Making photocopies is permitted.) (Printable copies may be downloaded at www.advent-ages.com or www.sccprayer.netadventist.org)

Prayerwalking Follow-up

Keep a journal

In his book, *Prayer Warriors*, Pastor Ron Halvorsen wrote:

Successful businesses always have a master plan and keep thorough records of business transactions. Isn't prayer your Father's business? Some of the most successful Prayer Warriors I know keep careful prayer journals or diaries. First they list people to pray for, along with their specific needs. Then they make a three-column prayer record:

Column 1 – The date they began to pray or renewed their prayer for a specific person or need.

Column 2 – The concern or person(s) for whom they prayed.

Column 3 – When and how the prayer was answered. ²

Pastor Halvorsen understands that some people may not be attracted to this method but he urges dedicated Prayer Warriors to give it a trial period of one to three months. And while prayerwalkers are not necessarily praying for people (by needs or by prayer requests) prayerwalkers do make observations. Those observations may be made note of in the journal.

Some people have never been prayed for

Share your experiences

One of the best ways to grow and to encourage others to grow is to share your prayerwalking experiences with your fellow prayerwalkers. We would enjoy hearing from you too. You can write and share your experiences with us.

prayerwalking@advent-ages.com

Prayerwalking • 16028 Malden St. • North Hills, CA 91343-5728



² Halverson, Ron, *Prayer Warriors* (Fallbrook California: Hart Research Center, 1995), p 66.

In Summary

Prayer is a ministry. Prayer is a blessing. Prayer is a weapon against God's sworn enemy—the devil. "Satan is not just *the* adversary—he is *your* adversary. He is not just *the* enemy—he is *your* enemy. He is not just *the* liar and thief—he is the one who is lying to *you* and trying to destroy *you*." ³ We live in a warzone. Satan wants to claim our families, our homes, our streets, our schools, our cities and our churches. When Satan lured our first parents to fall in the Garden of Eden he claimed the earth as his own. He has been using the same lies and the same tactics every since. He knows his time is short and he's fighting to hold on to all that he can. But God has not left us defenseless. We have been given the tools to claim back our homes and to claim back our streets—the Word of God and Prayer.

The first thing God asked Adam and Eve after they disobeyed Him was, "Where are you?" (Genesis 3:8). You see, *technically* Adam and Eve were the first prayerwalkers. They had the privilege to walk with God face to face in the Garden of Eden before they were deceived. Once they sinned against God they were separated from God. (Isaiah 59:2) That is why God asked them where they were; by their transgressions they had separated themselves from Him. They were no longer prayerwalking with God.

Praise God that He did not turn His back and leave us hopeless. He already had a plan to restore our relationship with Him through His Son Jesus Christ. The Lamb of God paid a great price so that we might walk with Him again. But it is not merely a privilege it is a necessity; we *must* walk with God; we *must* invite God to walk with us. We *must* claim that which the thief stole from our first parents in the garden. Do we want to "walk with God"? If so, a good place to start is in claiming back our families, homes, streets, cities and churches. Our God is a god of love; He will not force His will on anyone. But he will come to our aid and the aid of others if we simply invite Him. Take a walk with Him; show Him where you think He is needed; talk to Him about it.

I pray that this guide will give you some ideas and help you to take that next step with Jesus our Lord, Savior and Trusted Companion.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. ~*Ephesians 3:20*

Recommended Reading

Prayer Warriors by Ron Halvorsen, Fallbrook California: Hart Research Center, 1995

Resources

Halvorsen, Ron. "Prayer Walking." *Prayer Warriors*. Southern California Conference of Seventh-day Adventists. Central Filipino Church. Los Angeles. 27 Sep. 2008.

Halvorsen, Ron. *Prayer Warriors*. Fallbrook California: Hart Research Center, 1995.

White, Ellen G. *Conflict and Courage*. Publisher: Review & Herald, 2005.

White, Ellen G. *In Heavenly Places*. Publisher: Review & Herald, 1967.

³ Halverson 7-8

The Sword of the Spirit

¹¹ so is **my word that goes out from my mouth:**
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it.

~ *Isaiah 55:10-11* NIV

¹² For the word of God *is* quick, and powerful, and sharper than any twoedged sword. ~*Hebrews 4:12^a* KJV

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. ~*Ephesians 3:20* NIV

²⁴ And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear. ~*Isaiah 65:24* KJV

¹⁰ “Be still, and know that I *am* God” ~*Psalms 46:10^a* KJV

¹³ I can do all things through Christ which strengtheneth me. ~*Philippians 4:13* KJV

⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. ⁸ This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples. ~*John 15:7-8* NIV

¹¹ They overcame him by the blood of the Lamb and by the word of their testimony. ~*Revelation 12:11^a* NIV

²⁶ But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ~*John 14:26* NIV

¹⁵ By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of *our* lips giving thanks to his name. ~*Hebrews 13:15* KJV

³ But thou *art* holy, O *thou* that inhabitest the praises of Israel. ~*Psalms 22:3* KJV

¹⁴ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him. ~*1 John 5:14-15* NIV

²⁴ “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” ~*Mark 11:24* NIV

²⁴ God is spirit, and his worshipers must worship in spirit and in truth.” ~*John 4:24* NIV

¹¹ Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies. ~*Psalm 27:11 KJV*

¹ God is our refuge and strength, a very present help in trouble. ² Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea. ~*Psalm 46:1-2 KJV*

¹ Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. ² But his delight is in the law of the LORD; and in his law doth he meditate day and night. ~*Psalm 1:1-2 KJV*

³⁸ For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, ³⁹ Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. ~*Romans 8:38-39 KJV*

³⁴ "A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this all men will know that you are my disciples, if you love one another." ~ *John 13:34-35 NIV*

¹⁷ Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. ~*Psalm 55:17 KJV*

¹⁶ Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. ~*Hebrews 4:16 KJV*

Pray for each other so that you may be healed. ~*James 5:16^b NIV*

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ~*Philippians 4:6-7 NIV*

The joy of the Lord is your strength. ~*Nehemiah 8:10^b NIV*

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ~*Philippians 4:4 NIV*

¹⁶ Rejoice evermore. ¹⁷ Pray without ceasing. ¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you. ~*1 Thessalonians 5:16-18 NIV*

KJV: *The Holy Bible: King James Version*. 1995 (electronic ed. of the 1769 edition of the 1611 Authorized Version.). Bellingham WA: Logos Research Systems, Inc.
NIV: *The Holy Bible : New International Version*. 1996, c1984 (electronic ed.). Grand Rapids: Zondervan.



*Compliments of the
Southern California Conference of Seventh-day Adventists
Prayer Ministry*

www.sccprayer.netadventist.org