



**Walk. See. Listen. Pray.**

*"If we live by the Spirit, let us also be guided by the Spirit."  
- Galatians 5:25*

**A prayer walk is a way of mindfully and prayerfully moving through one's neighborhood.**

While walking, the following questions may be asked...

*Who do I see?*

Are they young or old? Busy or relaxed? Poor or wealthy?  
Together or alone?

*What do I see?*

Is this a place of hope or a place of sorrow? What is broken and what is beautiful? Where do I see God here, and what is God doing in this place?

*Where ought I go?*

Should I stay on the route, or veer off it? What does God want me to see here? Am I tired or energized? Peaceful or uneasy? Would I want to live right here?

## *Wonders for Walking*

### **For an individual you encounter**

- I wonder who they are looking forward to seeing today
- I wonder what keeps them up at night
- I wonder how they would feel if they knew I am praying for them

### **In front of a home...**

- I wonder if anyone inside is ill or dying
- I wonder if anyone inside was up all night caring for a child
- I wonder where those inside find joy and where they feel worry

### **In front of a business...**

- I wonder what this business means to its owner
- I wonder what led the employees to work here
- I wonder if this business weren't here, what would be lost in the community?

### **In front of a library, school, or athletic facility...**

- I wonder who inside learned something they didn't know yesterday
- I wonder who is feeling energized and who is feeling discouraged
- I wonder how God is leading me to support this place

### **In front of a hospital, doctors' office, or clinic...**

- I wonder who inside gave or received difficult news today
- I wonder what inspired the doctors/nurses to help the people of this community

### **In front of a house of worship...**

- I wonder where the members of that congregation see God working in their midst, and where they feel frustration
- I wonder how their beliefs differ from my own and how they are the same
- I wonder what they hope for for their children

### **In front of a police station, court house or fire station**

- I wonder where justice has been done here today, and where it has been denied
- I wonder what acts of bravery have been committed, and where fear has been present

### **In front of an abandoned property or vacant lot...**

- I wonder what God is doing with this space, and how I am to participate in this work

## Sample Routes

The following routes are examples that you might use for your prayer walk. You might choose to follow them exactly or to use them as a rough guide. You might walk them each once, or walk the same route many times at different times of day. You might go alone, with one other person, or with a small group. You might wonder or pray aloud, and you might do so silently. You might greet those whom you encounter and share what you are doing, or you might remain quiet, listening for the voice of God. You might also choose to remain in one place rather than walk, and use the first two or three “Wonders” above as guides to your meditation or prayer.

### Route #1 – One Mile



