

## Prayer Walk Preparation

Take a few minutes to meditate on the character of God through scripture:

- *“God is exalted in his power. Who is a teacher like him? Who has prescribed his ways for him, or said to him, ‘You have done wrong’? Remember to extol his work, which people have praised in song. All humanity has seen it; mortals gaze on it from afar. How great is God—beyond our understanding! The number of his years is past finding out.” Job 36:22-26*
- Ps 29 or 33
- Rom 11:33-36
- 1 Chron 29:10-13

Take a few minutes (as many as you feel you need) to sit and attend to what’s in your own heart:

- ask God if there are things in your mind that that you need to set aside and entrust to His care (other responsibilities, challenges you’re facing, or other distractions)
  - *“Lord I cast all my cares on you, knowing that you care for me.” (1 Pet 5:7)*
- ask God if there’s anything in your heart He would like to you bring to Him in confession (anger, frustration, worry, lust, envy, pride).
  - *“Wash away all my iniquity and cleanse me from my sin...Restore to me the joy of your salvation.” Ps 51:2,12*

If you’d like, ask someone with you to pray for you about these things.

- *“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” Jas 5:16*

Prepare yourself for entering a spiritual battlefield

- *“Lord keep us strong in you and in your mighty power. May we stand firm with your truth surrounding us like a belt, your righteousness covering our hearts like a breastplate, our faith in you like a shield--protecting us from any damage or distraction our enemy may send our way. May your salvation guard our minds and your Word be like a sword in our hands. May we be firmly grounded and ready because of the peace that comes through your gospel, and may your Spirit keep us alert and guide our prayers.” Eph 6:10-18*

Now take a few minutes to sit and attend to what’s around you:

- Use your eyes, ears, even your nose, to help you be fully present in this place, this moment. Thank God that He is present and at work in this place (and for anything else He brings to mind).
- Begin to ask God to draw your attention to specific things or people. Praise Him for the people you see and any reminders of His goodness around you. Ask Him to put His desires and purposes for this place/these people in your heart so that you can pray according to His will.
  - *“He guides the humble in what is right and teaches them His way.” Ps 25:9*
  - *“Merciful Lord, I offer myself to you. Renew my mind that I may know what your good, pleasing and perfect will is.” Rom 12:1-2*

Begin walking (not too fast), continuing to ask God to direct your attention to specific things and your heart to **how He wants you to pray for those things.**

Enjoy engaging with Him to petition for a place and people that are dear to His heart!