



CHURCH LEADER PRAYER WALK TOOL

Why a Prayer Walk?

The simple, old-school practice of a prayer walk has surprising power. Stepping outside helps you to slow down, clear your mind, and see with fresh eyes. For those who struggle with traditional prayer practices like sitting still and fighting distraction, prayer walking offers a natural rhythm. It engages your body as well as your heart, keeps your mind focused, and often sparks insights you'd otherwise miss in a prayer closet. Plus, you can get your steps in! A small but meaningful way to connect your spiritual health with your physical health.

BEFORE YOU WALK

Pray this simple prayer:

“God, help me to see what you see! Open my eyes to the way You see the people of my city and my church. Show me where You are already at work and how I can join You in what you are doing.”

Choose your space:

Pick one of these ministry-related places:

- A few blocks in your neighborhood
- The area around your church
- A local park, school, or community center
- A business district or coffee shop strip
- Civic spaces like a city hall, library, or hospital

DURING YOUR WALK

Ask God to help you notice with fresh eyes:

About PEOPLE

- Where do I see signs of hunger for Jesus?
- Who looks lonely, hurried, or burdened?
- Who is gathering in groups; where do I see connection and community?
- Who seems overlooked; the elderly, teens, workers, those on the margins?
- What conversations or interactions make me wonder what stories lie beneath the surface?

About PLACES

- Which spaces feel welcoming, safe, and full of life?
- Where do I notice signs of need, poverty, addiction, broken families, disconnection?
- Where do I long for God’s presence to break through?
- Where do I sense God’s Spirit stirring opportunities for Kingdom partnerships?
- Where is there brokenness (schools, shelters, government, neighborhoods) that God may be calling us to step into?

Keep it simple:

You’re not fixing or planning, just noticing and praying.

AFTER YOUR WALK

Journal briefly on these two questions:

1. What did I notice about my community that I usually miss? (Write 2–3 observations.)

2. Where might God be inviting me to pay attention more deeply to a person, a place, or a pattern I noticed?

End with this prayer:

“God, thank You for the people and places around me. Help me see them the way You do and prepare me to join what You’re already doing.”