



Cru Inner City Expansion
PRAYER WALK
PARTICIPANTS GUIDE

What is Prayer Walking?

Prayer walking is simply walking while talking to your Heavenly Father. It can be done anywhere you go: a city, a town, a beach, school campus, neighborhood, apartment complex, anywhere. Keep in mind, you are asking that His Kingdom come to that location. *It is simple. It is simply praying while you walk!*



What is our Goal?

Our goal is to pray over our communities that people will become more receptive to the Gospel of Jesus Christ. The focus should be on praying for the neighborhood. If an interaction with someone leads to a Jesus conversation go ahead and share with them. But, don't force it.

How And What To Do On A Prayer Walk

Each person should bring with them:

- Comfortable clothing for walking, weather appropriate
- Water and (breath mints if you know you need them 😊)
- Phone
- Small Bible or cell phone with Bible App

Eyes Wide Open: Prayer Walk with your eyes open using your senses to pray for real needs that you actually see and hear. You have the unique opportunity of praying for real people with real needs in real time and on location. A trendy definition is “praying on-site with insight”. *Give opportunity for each person in the group to pray if they'd like to.*

Two is Better Than One: Always go with a partner, A man and woman teaming up is best so they can pray for whomever they find. (if in a large group, break up into groups of 2-4). Partners help each other focus. One can pray while the other listens and agrees. One notices something while the other doesn't. Ideas and prayers can bounce off one another like a conversation.

Actively listen and be attentive to what the person is sharing with you. Focus on them and not on what you are going to say next.

Be sensitive to the Holy Spirit to give you the words to say and pray.

You want to be on scene without making a scene.

Things to Avoid:

- Never go by yourself, always go with a team
- Never go at night
- Don't knock on doors
- Don't take pictures of houses or neighbors
- Do not aggressively engage with people you meet. Let them engage with you!





Opportunities That Emerge

(we know the Holy Spirit is always working)

How to Engage Someone You Come Across While Prayer Walking. If someone asks you what you are doing. You can say: *(It is good to practice these statements.)*

- “We are praying for this neighborhood asking God to bless everyone who lives here.”
- “Are there specific needs we can pray about for you or your family?” (One or two of you can pray for the person.)

How to transition to a gospel presentation if you sense they are open:

- “Could I ask you one more question?” “Would you say you are more, near to God or farther away from God?”
- This is where you could share your testimony or gospel presentation.)
- If time permits, these questions would also be good to have your team practice before you go out.

Debrief/Praise:

This is a time to come back together to share about what happened during your prayer walk. Be sure to take pictures of your prayer walking group and post them here #CRUICPRAYWALK