

Prayer Walking

Prayer walking in its simplest form is walking and talking with God. It is communion with the Heavenly Father in one-to-one fellowship of friend with friend. No wonder Abraham was called the friend of God. So let's start walking with God.

1. Start simple.

Wear comfortable sneakers or walking shoes. Use clothing appropriate for the weather that day. Carry a small pocket testament or Bible. Some people like to carry a small notebook and pen to take notes on what the Lord teaches you. Try once a week, or once a month to get started. If you are a loner, go alone. If you are a people person then go with a friend with whom you can pray out loud without feeling inhibited or embarrassed. Your might be more likely to stick with prayer walking if you have a friend with whom to keep a schedule.

2. Start With a Plan.

Plan where you will walk, by what route, and for how long. It may be through a woods, or around several blocks, or down an old railroad track. Plan some of your thoughts and prayer time too. Begin with thanksgiving and praise. You may wish to have your own praise concert with God as the audience for your praise. Use a walkman and earphones if you need quiet prayerful music. Avoid loud and excessively instrumental music. Use what you can sing to. Stop along the route to sit on a rock, next to a stream, on an overpass or bridge, or on some high overlook. You might even want to schedule a stop for devotions and writing in your journal.

- Pray with your eyes open.
- Pray with Scripture.
- Praise with Scripture.
- Ask God all the questions you muse on.
- Tell the Lord your troubles.
- Talk to God about what you see around you.
- Be silent, and listen for the still small voice of the Holy Spirit.

3. Start With a Reasonable Time Period.

Everyone will have a different metabolism, walking speed, and stamina. Begin with 20 minutes if you are not used to walking, and work toward 45 minutes or an hour. There is no speed requirement. Walk at the pace that is comfortable for you. You can always do it again tomorrow, so be careful not to overdo it today.

"Walk with the King today, and be a blessing!"