



a visual guide to

PRAYER WALKING

by Randell Neudorf



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What is a Prayer Walk?

A prayer walk is exactly what it sounds like. You get outside and pray as you walk around. There is a strange power when you connect your spiritual life to your body (in this case your feet). God is already up to some amazing things outside your door. Feel free to explore, pray and ask God lots of questions. Don't forget to listen.



Where should I walk?

Try starting where you have a connection. It could be around where you live, work, volunteer, or where your church meets.

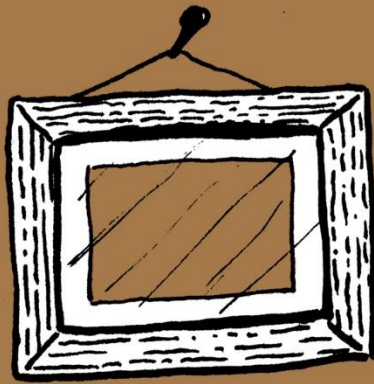
If you're practicing prayer walking as part of a group, you may want to pick out a route together (even if you are walking at different times). Try walking the same route more than once and think about what changes and what stays the same. It may also be helpful to debrief with the rest of your group. There might be something God is saying in what you all shared in common. You may also see God in the uniqueness of each person's journey.



Dress for the weather!

Try not to cancel if it is a little colder or wetter than you hoped. God may have something to show you that you wouldn't have seen otherwise.

That being said, be safe. You don't need to travel in an ice storm or head down every dark alley at night just to say that you did it. Be aware of yourself and your surroundings.



How to use this visual guide:

The drawings & prompts in this guide are meant to spark your imagination. The goal is to get you thinking about all the ordinary things you might see on a walk that could prompt a small time of prayer.

Feel free to add this PDF to your phone or tablet. I suggest looking through the ideas in this guide before your prayer walk to see what inspires you. If one of my drawings gives you a different idea than I thought of, that is wonderful! When you are out walking, let God use your surroundings to shape your time of prayer.



Prayer Prompt:

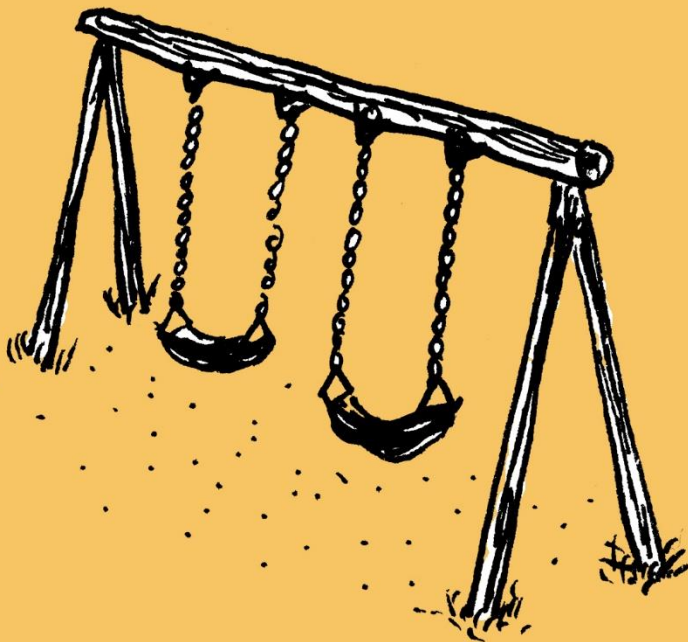
Keep your eyes open!

What do you see around you?

What might God be showing you?

Every prayer walk is unique.

Be open to respond to what you see.

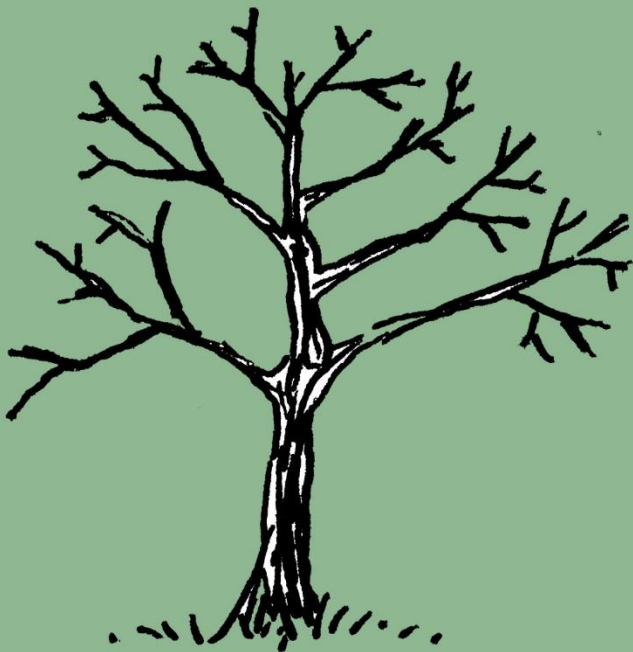


Prayer Prompt:

Pray for the kids!

Watch for parks, schools, and yards where children spend their time.

Pray for the safety of the kids in the neighbourhood. Pray that they would each grow up knowing they are loved.



Prayer Prompt:

Choose a tree.

Thank God for the person who planted
something others could enjoy.

Thank God for the life this tree brings.

Ask God,

“What can I “plant” for my community?”

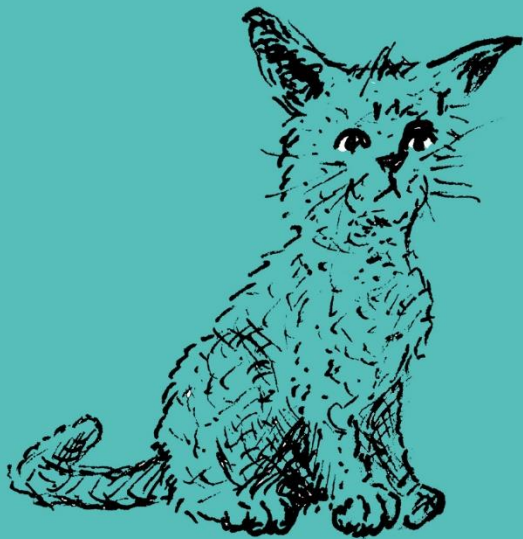


Prayer Prompt:

Do you see a property for sale?

Pray for the people or business that
will be moving in next.

Pray for the health & safety
of your future neighbours.



Prayer Prompt:

**God's gifts come in all shapes and sizes!
Thank God for any animals you encounter.**

What might God be teaching you
through pets, wildlife, and even
the creatures we call pests?
Pray into any thoughts that come to mind.



Prayer Prompt:

Pray to be shown a Person of Peace.

Every neighbourhood has one.

They often have a natural gift of hospitality. They seem to know everyone.

A person of peace isn't a Jesus follower but they are open to honest & safe conversations about God.



Prayer Prompt:

Pray for Affordable Housing.

It could be a brand new project,
a repurposed building,
a laneway suite,
or an individual home with an extra room.



Prayer Prompt:

Poop is gross, but we can flip the script!

Is it dog poop? Pray for the dog walker.

Perhaps they feel like,

“No one cares so why should I?”

If you think it might be human poop,

that is an invitation to pray about homelessness, addictions, and inequality.



Prayer Prompt:

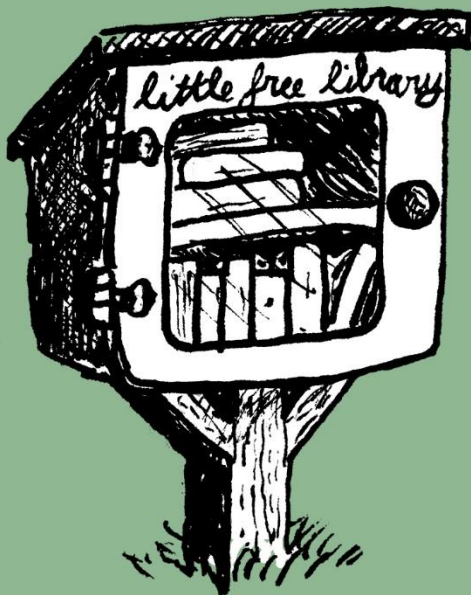
Pray into Revelation 3:20

"Behold, I'm standing at the door, knocking.

*If your heart is open to hear my voice
and you open the door within,*

*I will come in to you and feast with you,
and you will feast with me."*

(Passion Translation)



Prayer Prompt:

Libraries (big & small)
are places of connection & sharing.

Pray for the people who keep the shelves
stocked and the doors open.

Pray for all the people who visit
seeking knowledge, stories, and belonging.



Prayer Prompt:

Watch for Abandoned Spaces.

Ask God,

“What are you dreaming for this location?”

Pray for a kingdom-minded venture,
or a person of peace to catch God’s
vision for this neglected space.



Prayer Prompt:

What do you see that gives you hope?

It might be a building, a garden,
a person, or an animal.

Pray for where you see hope,
so that it might grow and spread.



Prayer Prompt:

Pray for Churches in your neighbourhood.
Some might own a building, others might meet in a home or a rented location.

Every church tradition holds a unique gift.
Ask God to show you something special about each church you encounter.



Prayer Prompt:

Watch for people *“Living Rough.”*

The shelter system isn't safe for everyone.
Be respectful, this is their home right now.

Remember they are beloved by God.

Pray for their safety & wellness.

Pray that they would obtain housing.

Pray that you would see with God's eyes.



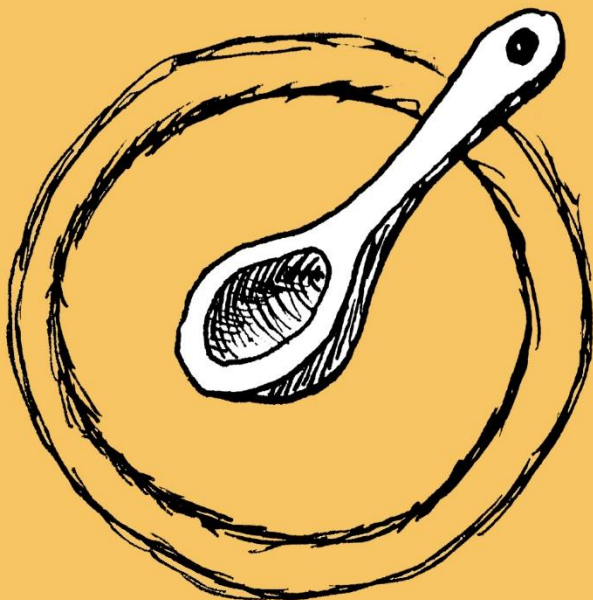
Prayer Prompt:

Pray for the Ministries & Charities
that are the hands & feet of Jesus
in your community.

Pray for the people that are served.

Pray for the volunteers & staff.

Pray for a beautiful dignity
in both the giving & receiving.



Prayer Prompt:

Land Acknowledgements in Hamilton speak of the “Dish with One Spoon” Wampum.

An agreement “created to bind the Nations of the Haudenosaunee Confederacy to the Great Law of Peace. The Dish represents the shared land, while One Spoon reinforces the idea of sharing and peace.” (McMaster Land Acknowledgements Guide)

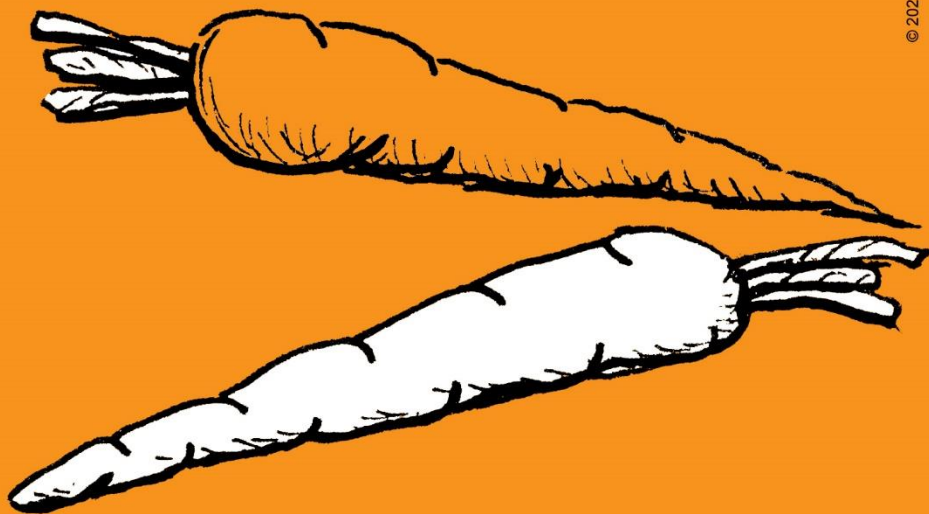
Thank God for the seeds of peace planted here.



Prayer Prompt:

Watch for the small gifts.

Even the smallest objects in creation can point us to the Creator of the universe. If something small catches your attention take some time to wonder at the things that God has made.



Prayer Prompt:

Do you see any places to buy food?
It could be a grocery store, a market,
a restaurant, or even a corner store.

Pray for the staff, they are frontline workers.
Pray for access to affordable healthy food.
Pray for the farmers & workers you can't see.



Prayer Prompt:

Watch for open spaces!

Depending on your neighbourhood, these could be big or small, natural or concrete.

Use this open space as an invitation to pause for a minute and be open to God (even if it is just a parking lot).



Prayer Prompt:

Use a stop sign to ask God a question.

Without any blame or shame ask God,

*“Are there any stop signs from You
that I’m running through?”*

If God brings something to mind,
ask a follow up question,

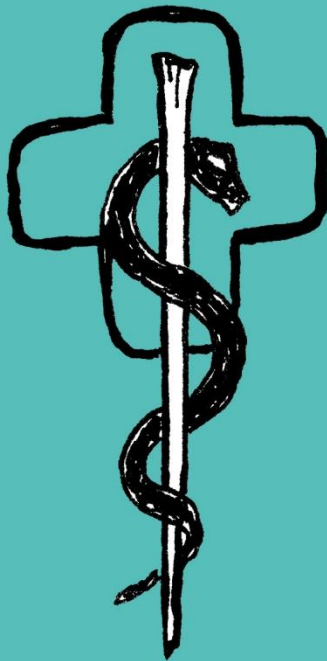
“Lord, what is Your invitation to me in this?”



Prayer Prompt:

Every piece of graffiti (welcomed or not) was made by a person who was made in the image of their Creator.

Pray for this person, that they would feel seen and known by their creator. Thank God for this person's creative spirit.



Prayer Prompt:

Watch for health care spaces.
It could be a big hospital or a small clinic.

Pray for the staff & patients.
Pray for wholeness & wellness for all.
Pray for a spirit of wisdom & grace
in the care given and received.



Prayer Prompt:

Businesses can shape a community.
Pray for owners & managers, that they
would seek the shalom (peace & wellness)
of the neighbourhood.

Pray for sustainable employment.
Pray for good businesses to prosper.

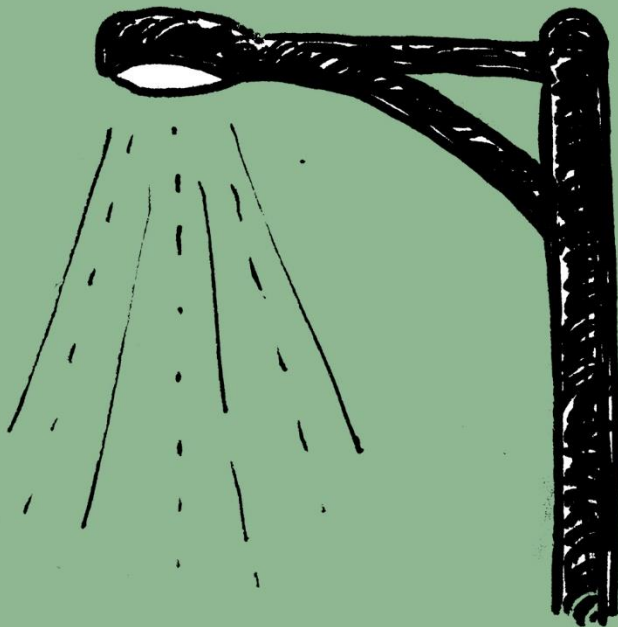


Prayer Prompt:

How are people getting around?

Pray for people using a mode of transportation different than you would typically use.

Think about the advantages & challenges.
Use this to guide how you might pray.



Prayer Prompt:

Watch for lights!

Let each light spark a quick little prayer.

Feel free to meditate on John 1:5,
*“The light keeps shining in the dark,
and darkness has never put it out”*

(CEV Translation)



Prayer Prompt:

If you hear a siren:

Pray for the safety & wellness of all.

Pray for first responders.

Pray for the person who called 911.

Pray for people without power or voice.

Pray for the help that is needed.

Pray for peace & life.



Randell Neudorf is an artist, musician, and pastor. He has a fine arts degree from York University and is an ordained pastor with Mennonite Church Eastern Canada. That might sound like a strange combination but it is a perfect fit for his work with [GOHOP](#) (Greater Ontario House of Prayer), a new monastic ministry that believes prayer, creativity, justice, hospitality, mission and learning are all connected. Randell lives in a working class neighbourhood in Hamilton, Ontario with his wife Susan and their 3 children. A number of years ago the Neudorf's gave up their car, so they do quite a bit of walking (along with biking, bussing and car sharing).

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Photo by Meagan Tutti-Peters

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