

Prayerwalking



Taking Your Faith Into The Real World



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Prayer Running

Your Father longs for you to trust Him. He wants you to have confidence in Him in all the circumstances of your life. God blesses you with a variety of people to encourage you and to build your faith. Yet, He does not desire that you exalt others over Him. It is His will that you depend primarily on Him.

Your Father wants you to know that you can run to Him. He longs for you to seek Him in all the circumstances of your life. This is crucial to intimacy with Him. If you run to others instead of seeking God, it will hinder your ability to grow in intimacy with Him. There is nothing wrong with talking with and depending on your spouse, family members, or fellow believers. Yet, the problem develops when you look to them first and depend on them more than on God. Your Father loves you. He desires that you cultivate the inclination to run to Him, especially in times of need.

The following verses reveal God's heart concerning this:

"The name of the Lord is a strong tower; the righteous run to it and are safe" (**Proverbs 18:10**).

"The LORD is my rock and my fortress and my deliverer" (**2 Samuel 22:2**).

"For You have been a shelter for me, a strong tower from the enemy" (**Psalms 61:3**).

"I will say of the LORD, 'He is my refuge and my fortress; My God, in Him I will trust'" (**Psalms 91:2**).

Through these verses, God is saying to you that He will help you. He will bless you. You will find shelter in Him. Run to Him. Pray to Him. Trust in Him.

How can you cultivate your inclination to run to Him as your Refuge?

➤ *Rejoice in Him and praise Him as your Refuge.* These verses reveal that your Father is a strong tower, a rock, a fortress, a deliverer, a shelter, and a refuge. Praise Him for being these things to you. Rejoice in these

characteristics of God, especially in times of need.

- *Confess your desire to run to Him.* Tell Him that you want to find your refuge and shelter in Him. Declare your desire to trust Him above all others.
- *Pray the preceding verses.* You might consider developing Scripture prayers from the verses already mentioned. You can use these to plead for greater dependence on God. An example is "Father, Your name is like a strong tower. Your Word declares that the righteous can run to it and find safety. Father, help me to find refuge in You. I want to run to You. Teach me to depend on You when I am tired, discouraged, frustrated, or hurt. I long to know You and trust You first, above all others. Empower me to do this on a daily basis" (**Proverbs 18:10**).
- *Admit your struggle in this area.* Tell your Father that you struggle to trust Him. Confess that you do turn to others before you turn to Him. Admit that you often try to take matters into your own hands rather than seeking Him.
- *Pray that your intimacy with God will overflow into your daily routine.* Powerful prayerwalking flows out of a daily running to the Lord. As we grow in this, it leads us to do this in the ordinary moments of our daily lives as we encounter others and situations. As we run to the Father, it trains us to bring to Him all that we see and encounter on a daily basis. This leads to effective prayerwalking.

God's Character And Your City\Community

The following is a prayerwalking guide that you can use to pray for your city or community. It is based on God's character. The great need of our cities and communities is God. This guide can help you pray for your city or community to experience who God is. You can use these or develop your own from them.

Father, You are the true God. I pray that every person in this area would come to know You and worship You alone (**Deuteronomy 6:4**).

Father, grant healing and hope to the people of this area through Your great compassion (**Psalms 86:15**).

Father, fulfill Your good and eternal purpose for this area. I ask that You would accomplish all that You have purposed for this city\community (**Psalms 33:11**).

Father, I pray that every person in this area would trust in You because You are faithful (**Psalms 146:6**).

Father, I ask that every person in this area would believe and obey Your reliable Word (**Psalms 33:4**).

Father, You see and know all things. You see the crime in our area. Expose and bring to justice all the criminals in this area (**Psalms 11:14**).

Father, I plead that everyone in this area will seek You and find out how good You are (**Psalm 34:8**).

Father, I ask that the people of this area would repent and receive Your forgiveness (**Ephesians 1:6-7**).

O God, grant Your help and strength to those who are suffering and struggling (**2 Corinthians 12:9**).

Father, I plead that the people in this area would hate sin as You hate sin. Cause them to hate what You hate and to love what You love (**1 Peter 1:15-16**).

Cause the people of this area to reverence You and worship You as the angels of heaven do (**Isaiah 6:3**).

Father, I ask that the people of this area will know that You are not a respecter of persons and will accept anyone who believes in Your Son Jesus (**Acts 10:34**).

Father, I ask You to intervene and help the oppressed and needy in this area (**Psalm 140:12**).

Father, I pray that the people in this area would experience Your love, which is better than life itself (**Psalm 63:3**).

Father, enable the believers in this area to love one another in the same way that You love them (**1 John 4:7**).

Father, I plead that You would withhold Your judgment but will have mercy on this area. Grant spiritual awakening to

this entire area that people may praise You and rejoice in You (**Psalm 78:38**).

Father, have mercy on the people in this area and deliver them from all that binds and wounds them (**Lamentations 3:22**).

O God, save and sanctify the people in this area by Your almighty power (**Jeremiah 32:27**).

By Your right hand and almighty power, shatter all the schemes and attacks of the evil one on this area (**Exodus 15:6**).

Father, I ask that the people of this area would turn to You and rely on You as their ever-present help (**Psalm 46:1**).

Father, I pray that the people of this area would call on You and experience Your presence and power (**Psalm 145:18**).

Father, You know our secret sins. They are ever before You. Convict the people of this area and lead them to repentance (**Proverbs 5:21**).

Father, You see and know the misery of the people in this area. Touch and comfort all who are suffering and agonizing in silence (**Exodus 3:7**).

Father, convict and draw those who have hardened their hearts to Jesus. Reveal Your patience to them by continuing to convict them and speak to them. Save them by Your mighty power (**1 Timothy 1:13-14**).

Father, I ask You to grant every believer in this area endurance and encouragement. Enable them to be faithful and to overcome through faith in You and Your Word (**Romans 15:5**).

O God, I ask You to preserve the people of this area from suffering, sickness, and death. Do what is right and good for them (**Psalm 36:6**).

Father, cause the people of this area to know that You are the only One who never changes and that You can be trusted no matter what (**Psalm 102:26-27**).

Father, You are the God who reigns. You are sovereign over all things. I ask in Jesus' name that You would deal with the most pressing problems in this area. Intervene by Your sovereign power (**Psalm 115:3**).

Father, send forth Your light into this area. Save and transform people by Your unchanging truth (**Psalm 43:3**).

Father, teach the people of this area Your way. Empower them to walk in Your truth (**Psalm 86:11**).

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