

A GUIDE TO
**PRAYER
WALKING**



seapc



ABOUT US

SEAPC is a Christian global community of friends who believe that lives and nations are changed through prayer. Since 1991, SEAPC has been actively fostering communities of prayer and leading friends in prayer walking adventures which have resulted in amazing, miraculous, and life-changing memories. Today, while actively supporting prayer communities in 164 nations, we dream of a world that is one day connected through prayer, bringing Christ-based change to those in need. From these simple prayer walks, nation-changing platforms in health, education, parenting and micro-economic development have found success in over 30 nations.

PRAYER WALKING

Prayer walking is a simple way for you and your friends to change the world around you. As we walk and pray in a community, God shows us its needs and then positions us to meet those needs.

This guide was created from the book, *The Attack Lambs*, written SEAPC founder by Mark Geppert, a life-long missionary and faithful prayer walker.

Mark's revelation in prayer walking led to a world-wide movement of like-minded followers of Jesus who witnessed their nations change through prayer. This guide will help you approach the throne of God with boldness and make a difference in your community through effective prayer walking.

Lace up your boots, gather your friends, and hit the streets. There is absolutely nothing that our God cannot do through you!

STEP ONE

Get Prepared.

Before you go out into your community, it is important to first prepare your heart. We invite you to say a simple prayer:

“Jesus, I put you first in my life and I forgive anyone that ever hurt me. Please forgive me for ever hurting anyone else and help me to change my community today.”

“Create in me a clean heart, O God, And renew a steadfast spirit within me.” — Psalm 51:10







STEP TWO

Get Focused.

All success in prayer comes from an atmosphere of praise and worship. What gifts from God are in you, in those around you, and in your community? Zero-in on them and give thanks to God!

Fill up with praise and thanksgiving and enter into God's purposes for today.

"But You are holy, Enthroned in the praises of Israel." Psalm 22:3

STEP THREE

Get Flexible.

There will be obstacles along this course! Yep, that's right, there are spiritual forces actively working in and around your community today that are contesting with you, hoping to keep your friends and family from experiencing freedom and fulfillment through a right relationship with God.

Loosen up! You are not fighting the battle. It has already been fought and Jesus took the victory. You are the one He is using to claim the prize. Remember, all you need to do is stay focused and you do that by thinking about God's goodness, thanking Him, and sharing that joy with others.

"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places." Ephesians 6:12

STEP FOUR

Get a Group.

There is a reason why Jesus sent his disciples out two by two before him. God designed us to do His work together. There is no greater force than a unified people focused on love and compassion for others.

You should be able to find a team from within your local church. If not, then it's time to invite your team to visit your local church!

"The harvest truly is great, but the laborers are few; therefore pray the Lord of the harvest to send out laborers into His harvest." Luke 10:2





STEP FIVE

Get Your Map.

Each community has five central pressure points (centers of government, education, communication, commerce, and spiritual activity) that spiritual influences use to keep people from finding forgiveness, freedom, health, and prosperity.

God will use these same pressure points to establish righteousness as you walk and pray in them.

Where are your community's centers?

1. Government: _____
2. Education: _____
3. Communication: _____
4. Commerce: _____
5. Spiritual Activity: _____



STEP SIX

Get Walking.

Every place you place your feet today has been given to you by God for His purpose. So, before each step, remember, God's glory is in you is making a way for you, and the spiritual forces working against you have to move aside. Take time to walk and pray through the five centers you have located.

While you step, God's glory steps with you.

THINGS to REMEMBER

1. Make friends. We are not fighting with people we feel are hurting the community. Instead, we are walking against the forces hurting them.

2. Consider the bottom line. You will have the opportunity to share Jesus with others and to offer prayer. Go for it! Keep it simple and trust God to direct your steps.

3. Take notes. During your walk, God will give you the opportunity and a vision to develop righteousness in the community through the new friends you will make along the walk. The follow-through in prayer and relationship after your prayer walk brings the long-lasting change.

4. Dream big. There is nothing our God cannot do!

5. Testify. In moments of confusion, a quick testimony of something good that God has done will remind you and your group of God's faithfulness and that reminder will bring your group back on course and focused on the mission.

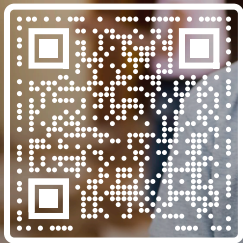
NOTES

From my Prayer Walk:



Want to learn more?

Scan the code
or visit www.seapc.org
to connect with us.



412-826-9063 | info@seapc.org

Write us a note: PO Box 127, Oakmont, PA 15139