

PRAYER WALKS

As one of the Disciples, imagine what it must have been like to walk and talk every day with Jesus. To ask questions, enjoy intimate fellowship, share your heart, ask for guidance, seek wisdom, request your deepest desires and come clean through confession. What a privilege that must have been! Isn't it awesome that our Creator God gets great pleasure in spending time with us! But wait! You must come to the point in your spiritual walk where you realize that you can have their same experience today. You can walk with and talk to the Lord through prayer with just as much reality and intimacy as did the twelve Disciples! Bottom line: prayer is talking with God just as a man speaks with His friend. (Ex 33:11)

After the crucifixion and resurrection, two of the Disciples were walking together along the dusty old road to Emmaus when the risen Jesus joined them. At first they didn't realize that it was Jesus until He taught them to understand all that the Scriptures had to say about Him being the Messiah. For several hours they walked and they talked (prayed) openly with the Lord about their lives, fears, concerns, doubts, and questions. While you read all about it in Luke 24:13-35, note especially their response to their prayer walk with Jesus.

"Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?"
Luke 24:32

One of the best ways to develop your love for God is to invest time in prayer. Just as daily, heartfelt, intimate conversation with our wives fans the flames of passion and deepens our intimacy, so does daily prayer with our Father in Heaven.

So why not take a prayer walk with the Lord to enjoy His company while you talk over the relationships, decisions and issues of your life. There's something about a prayer walk with another believer that is refreshing and reflective, putting you in touch with the Lord. Here are a few considerations as you get started:

1. Schedule a 1 hour block of time to walk with your discipleship partner, wife, son, daughter, pastor or friend with whom you would like to build and deepen your relationship. Perhaps early Sunday mornings, as illustrated in Luke 24, will be a workable time. What a great way to start the week! Or perhaps you would both give up a lunch to talk and walk with the Lord together.

2. Choose a place that is quiet and free of traffic such as a park, subdivision, country road, canal, nature trail or even a mall early before it opens.

3. Pray aloud conversationally as you walk with the conscious thought that Jesus is actually walking with you. Keep your prayers short and on a focused topic. Allow your partner an opportunity to pray on the same topic before moving on to other topics. For example, start off with praise each praying several times thanking God for various aspects of His awesome character. Then you might want to have a season of confession as each of you share honestly before the Lord heart attitudes and actions for which you need forgiveness. As you move into other areas continue to pray conversationally as God moves your heart.

4. You may want to pattern your prayer together using one of the following formats. If you have prayer cards, this is a great time to pray through the categories on them. (See the Life Assignment entitled 'Organizing Your Prayer Life' under the Discipleship-SALT button on our website.)

You could invest about 8-10 minutes praying for each of the these areas.

PRAISE	PARDON	PEOPLE
PLANS	PETITIONS	PROBLEMS
PROJECTS	PASSIONS.	

Or, using the Lord's Prayer (Matt 6:8-13) you may want to use this outline investing about 10 minutes in each topic.

<u>HIS GLORY</u>	<u>YOUR NEEDS</u>
YOUR NAME	GIVE US
YOUR KINGDOM	FORGIVE US
YOUR WILL	LEAD US

You may simply want to share with each other for 30 minutes using the various categories below then praying for each other for the remaining 30 minutes

PRAISES	SUCCESES	THANKS
NEEDS	CONCERNS	OPPORTUNITIES
PROBLEMS	RELATIONSHIPS	WEAKNESSES
TEMPTATIONS	CIRCUMSTANCES	

Perhaps you would use the laminated FAMILY LIFE prayer cards entitled *Lifting My Wife Through Prayer* or *Lifting My Children Through Prayer*. Contact Focused Living or Family Life Today for a copy of these cards.

Lastly, you may want to invest 10 minutes each using the acronym ACTS.

ADORATION
CONFESSION
THANKSGIVING
SUPPLICATION

5. Perhaps your prayer walk would be devoted to a special theme. For example, you could walk through your neighborhood asking the Lord to open the hearts of specific families or friends to the Gospel. You could invest the whole time praying just for your marriages and children in detail. Perhaps each of you could pray for the pastors/elders at your church and their families. Or maybe you could pray for missionaries and the persecuted church. Now would be a great time to pray for our country and leadership for repentance.

6. Don't be afraid of silence. Don't feel as though you have to be talking every moment. Remember that this is a conversation with the Lord! There are times during any conversation where you must listen. Give God a chance to place people, petitions, and passions on your heart that you need to bring before Him.

7. Perhaps you have never prayed for an hour. There is nothing spiritual about an hour. However, Jesus did offer a challenge to His Disciples saying, "*Could you not keep alert with Me for just one hour? Keep watching and keep praying that you might not enter into temptation, for the spirit is willing but the flesh is weak*" (Matt 26:36-46) You will be amazed how fun and fast the time will go.

8. Have fun!

9. Take a few minutes to plan your Prayer Walk now.

Who _____

When _____

Where _____

Theme _____



"You're right, Alice, it is speaking to me.
It's telling me to go home, grab a beer,
and watch some football."