



# VIRTUAL PRAYER

## WALKING GUIDE



Neighbourhood  
PRAYER.NET

# WHAT IS A VIRTUAL PRAYER WALK?

**Remotely praying for somewhere from your home, church or elsewhere**

In the past Christians have prayed in strategic ways for places using their bible, maps, local A-Z street guides, walking books, photos, drawings and their memory. Today with technology there are online resources that can help including Google Maps, Apple Maps, Google Street View, Google Earth, online bible resources and the Ordnance Survey App. We have the option of meeting virtually on Zoom, Google meet or similar platforms.

The advantage of virtual prayer walking is it can be done by anyone anywhere in whatever situation they are in. It can happen at any time of day or night. You don't have to travel to a place taking time and money to do so. You will have facilities that you can use if you need to. You can gather all the things that help you pray and lay them out beforehand.

## THE NEED

There is so much to pray about. God is not distant. We have the promise in **Psalm 46:1** that **"God is our refuge and strength, an ever-present help in trouble."** (NIV) He listens to our prayers. **Psalm 116:2** says, **"because he inclined his ear to me, therefore I will call on him as long as I live."** (ESV) **James 5:16** gives us the encouragement and promise that **"the prayer of a righteous person is powerful and effective."** (NIV) The pandemic has impacted everyone so we can pray for ourselves and others. We long to see revival in our land. **1 Chronicles 7:14** is key. It says, **"if my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear them from heaven, and I will forgive their sin and heal their land."** (NIV)

# HOW TO GO ABOUT VIRTUALLY PRAYER WALKING?

## STEP

### 1

#### **Decide who is going to virtually prayer walk?**

- You
- Family
- Friends
- Prayer Group
- House group
- Church
- House of Prayer
- Churches Together
- Virtual/Physical Prayer Walking Together

## STEP

### 2

#### **If your virtual prayer walk is part of a church service or prayer gathering determine when it is happening and how to do it.**

If you use any online resources make sure they are copyright and safeguard compliant. Prepare as appropriate. If you are doing a virtual prayer walk on zoom liaise with anyone else who is taking part giving them the day, time and login details and reminding them closer to the time.

Neighbourhood Prayer Network recommends you read the terms and conditions for any mapping system you decide to use and acquire an appropriate license from the mapping organisation concerned if you are using the mapping system beyond your personal use.



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### STEP 4

**Consider the places you may like to virtually prayer walk.**

Your virtual prayer walk may include a number of these.

- Streets/roads/lanes
- Places in your community e.g., surrounding a hospital or school in prayer.
- Footpaths
- Pilgrim routes
- A village, town, or city
- Coast
- Industrial estates
- High streets
- Transport infrastructure – airports, stations, ports
- Entertainment venues or festivals
- Churches
- Housing estates
- Nature reserves
- Civic buildings – Town Halls, parliament
- Cinema, Hotels & pubs
- Car parks, Community parks



# DIFFERENT WAYS OF COVERING THE LAND IN PRAYER.

1. Draw a circle around the area you want to pray for. It may be a village, town, or city. And divide it into sections like cake slices. You can virtually prayer walk the outside of the circle and pray into the heart of that section.
2. Draw a fan over an area of land and pray into each section of the fan.
3. Stand and pray facing the north, east, south, and west for a minute for each direction. This can be done on your own or with others on an online prayer call. You can pray out loud or be silent. You may decide to lift your arms to praise God and exalt him high over all. You may be led to worship. You could intentionally pray for those who are weary that God would help them win the battles they face by symbolically holding up your arms. In Exodus 17:11 Aaron and Hur held up Moses arms so that the battle could be won.

## Praying for those who outreach

You may like to virtually prayer walk places that you know Christians go out to outreach to others in your community including to the homeless, young people, older people, those who have been out in pubs and clubs and any ongoing or planned missional events.

## STEP 5

**As the virtual prayer walk gets closer commit the time to God in prayer and anyone else who may be part of it.**

- You may like to fast for part of a day or a whole day if it is safe for you to do so. Alternatively, you can fast by not being on your computer or not watching television. If you are including worship on a zoom call decide what would be appropriate. Take time to familiarise yourself with different online resources to help you virtually prayer walk – Google Maps, Apple Maps, Google Street View, Google Earth, online bible resources and the Ordnance Survey App.

## STEP 6

### **Before the virtual prayer walk gather what you may need to help you virtually prayer walk.**

- Your bible
- Worship books
- Paper, pen and pencil. You may like to do a virtual prayer walking journal or file to keep a note of the verses of scripture you may have used, the things you prayed into and anything that you wanted to take note of in response – a word, picture, idea, or action.
- Download A Mile With Jesus [www.amilewithjesus.com](http://www.amilewithjesus.com) or use a physical copy to help you pray for places laid on your heart.
- A-Z of streets if appropriate or similar
- Newspaper articles or magazines – This can help inform your prayers. Alternatively, you can note things from online news (BBC, Guardian) or a subscribed newspaper if you have one. Your local newspaper may also have some news which is free to view online.
- Art materials so that you can draw anything that you are inspired to do as you virtually prayer walk. You may like to do a collage sticking newspaper articles and anything else that helps you pray. You could draw a prayer map as you virtually prayer walk noting the people, places and things that laid on your heart as you do. You can add scriptures and prayers as part of this. This prayer map could be revisited to use again or be part of your prayer walking journal or file if you have one.
- Video - video footage on a phone, computer, tv or church screen to help you pray for a place.
- Watch and pray - Watching programmes on walking and praying about the things you see and what is shared that moves your hearts. If on catch up, you can pause and pray as you go.

- Flyover – An aerial view of the land that you can do if you subscribe to Ordnance survey for a month or year. Neighbourhood Prayer Network recommends you read the terms and conditions for any mapping system you decide to use and acquire an appropriate license from the mapping organisation concerned if you are using the mapping system beyond your personal use.
- As you virtually prayer walk you may like to use a pen or your finger to go along the route you have taken if using a printed map, drawn map or an online map.
- Sometimes it is helpful to research the history of the place you are virtually prayer walking.
- As you prepare to do your virtual prayer walk it is important to avoid distractions. Look for a place where you are alone or less noisy so that you can focus and concentrate.





## The Prayer Walk Itself

Before you virtually prayer walk spend some time letting God search your heart. If there is anything you need to say sorry to God about then do so. Have a time of thanksgiving for all God has done for you. That you know him. If you don't know Jesus and want to believe in him, you can say this prayer.

Dear God

Thank you for sending your Son to die for sinners just like me. I believe that He died in my place and took the consequences of my rebellion against You upon Himself. I am amazed and so thankful that He suffered the punishment I deserved, so that I don't have to. I am sorry for the wrong I have done and want to turn from it.

I believe that Jesus came back to life to prove that He had beaten sin and death itself and to give me new life. Please make right my relationship with You. Send me Your Holy Spirit and transform my life from within.

Amen

## Putting on the armour of God

As Christians we need to be mindful that when we are in a spiritual war when we pray. **Ephesians 6:12** says "for your struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." (NIV)

Take time to read through **Ephesians 6:10-18** and put on the armour of God as you feel led.

**Ephesians 6:10-18**

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on

whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints." (NRSV)

## Authority

Our authority is in Jesus. It is in Jesus name we have authority.

## Be Watchful

The bible invites us to watch and pray. It is so easy to get distracted. Be honest and real with God about these things and refocus. Don't spend time feeling bad about it. If there is anything that you need to

ask God's forgiveness for that comes to mind then say sorry to God. Take all anger, bitterness, and offence to the cross. Give it to

Jesus. In the garden of Gethsemane the disciples were asked by Jesus to pray. When Jesus returned to the disciples they were asleep. Jesus says to them "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation.

The spirit is willing, but the flesh is weak." **Matthew 26:40-41** (NIV)

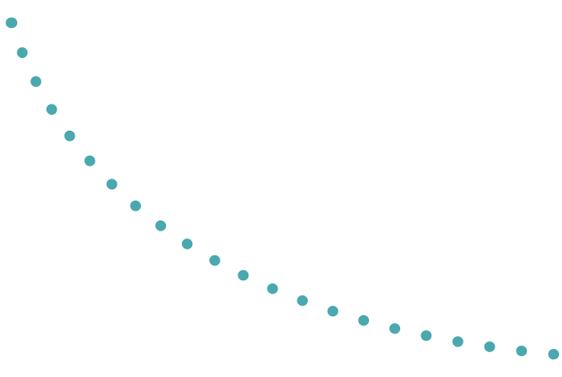
## Worship

You may like to play some worship music and have a time of praise before you begin virtual prayer walking or at other times whilst you are praying. If you are a musician, you may like to play your instrument.

In **Psalm 98:4** it says, "make a joyful noise unto the Lord, all the earth: make a loud noise, and rejoice, and sing praise." (KJV)

## Bible verses

There may be verses from the bible that you want to say at the start, end or during your virtual prayer walk. Here are a few that you may like to consider praying.





## Asking God

For this reason I kneel before the father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. Ephesians 3:14-20 (NIV)

## The Holy Spirit

"Afterward I will pour out my Spirit on everyone: your sons and daughters will proclaim my message; your old people will have dreams, and your young people will see visions. At that time I will pour out my Spirit even on servants, both men and women." Joel 2:28-29 (GNT)

Invite the Holy Spirit to come upon you and anoint you with fresh oil for the day, as often saying that the anointing of yesterday is not enough for today, ask for the power of God to overcome you and make you sensitive to the move of the Holy Spirit in the course of the prayer.

## Praying for those in authority

"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and respectful in every way. This is good, and it is acceptable in the sight of God our Saviour, who desires all men to be saved and to come to the knowledge of the truth." 1 Timothy 2:1-4 (RSV)

## Repentance

"If my people will humble themselves and pray, and search for me, and turn from their wicked ways, I will hear them from heaven and forgive their sins and heal their land." 2 Chronicles 7:13-14 (TLB)

## Seeking peace and well-being for where you live

Seek peace and well-being for the city where I have sent you into exile, and pray to the Lord on its behalf; for in its peace (well-being) you will have peace." Jeremiah 29:7 (AMP)

## Blessing

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace." Numbers 6:24-26 (NIV)

Speak blessings over your neighbours, your street, your community, the nation and anything else that is laid on your heart.

## Lament

"Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." Lamentations 3:21-24 (NIV)

Sometimes we may want to lament. We feel a loss, sorrow or regret and want to express this before God as we pray. Lamenting is a common theme as we read through the bible. Lament can be personal or communal. Lamenting is when we pour out our hearts to God. This gives opportunity for us to encounter God. Facing suffering and loss in a healthy way develops character, prevents our hearts from becoming hard and expands our ability to feel love and compassion for others. Lamenting is about not hiding our feelings from God but bringing those feelings to Him. It is an act of faith and not of doubt.

## A prayer for you as you virtually prayer walk.

As you virtually prayer walk may you know God with you each step of the way. May God lead you and guide you how to pray. In Jesus name. Amen





## STEP 8

### After the virtual prayer walk

Are there things God has laid on your heart to do in response to what you have prayed?

- A phone call
- An email
- A conversation face to face
- A visit
- Something your church can do to make a difference.
- A gift
- A letter
- A card
- Continuing to pray for a particular person, place, or situation.
- Another virtual prayer walk
- Anything else laid on your heart.

## AN INVITATION

As you have read about virtual prayer walking I hope it has inspired you to consider virtual prayer walking and to share the idea with others who may be interested.

**Lisa Hutt**

## TESTIMONY

My experience of virtual prayer walking came about through an ongoing annual prayer walk Neighbourhood Prayer Network organised around the London Loop. In 2020 this was not possible because of COVID and there was a moment when we considered cancelling it, but in God's perfect timing I received an email from Jean. "As we have been focusing our prayers very much on London with the coronavirus, I have pictured your map of the London Prayer Loop and have been 'virtually' walking around London!!!..." It was a lightbulb moment that opened the eyes of the NPN team to the possibility of virtually prayer walking the London Loop. I recalled how on one section of the London Loop the previous year some Christians had not been able to prayer walk their whole section with others but had prayer walked a few hundred yards and took part in a prayer stop. I realised that the great joy of virtual prayer walking was that anyone, anywhere, of any age could take part and they could do the whole of a section not limited by their physical health, even the whole of the London Loop, the 150 miles of it! Indeed, we put together a virtual flyover of the London Loop that people could use in whole or part.

I also realised that with Zoom I could invite people to meet each other who had prayer walked different sections of the London Loop in the previous years with Neighbourhood Prayer Network. I sent out some emails and a few people began to virtually prayer walk sections of the London Loop together. We spent time at the start of each Zoom call saying hello and sharing how we were before praying. After a couple of months I created another Zoom time so we could chat together and get to know each other more.

Recently I virtually prayer walked around the outside of a hospital in another part of the country. Someone had videoed this prayer walk and shared it on WhatsApp. I felt part of their prayer walk even though I was not there. There were no passers-by on the video.



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