

# A GUIDE



TO PRAYER WALKING



# 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 by Mark Geppert, a life-long missionary and the founder of South East Asia Prayer Center. Mark's revelation in prayer walking led to a worldwide movement of like-minded followers of Jesus who witnessed their nations change through prayer. Its simple steps will help you change the world.

Now it's your turn! Lace up your boots, gather your friends, and hit the streets. There is nothing that God can't do through you!



## Step 1: Get Prepared

Before you go out into your community, it is important to first prepare your heart. Psalm 51:10 says, “Create in me a clean heart, O God, And renew a steadfast spirit within me.”

Let’s prepare by asking for the same thing. 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.**

## Step 2: 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 3: Get Flexible

There will be obstacles along this course!

Yep, that's right, there are spiritual forces actively working in 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.

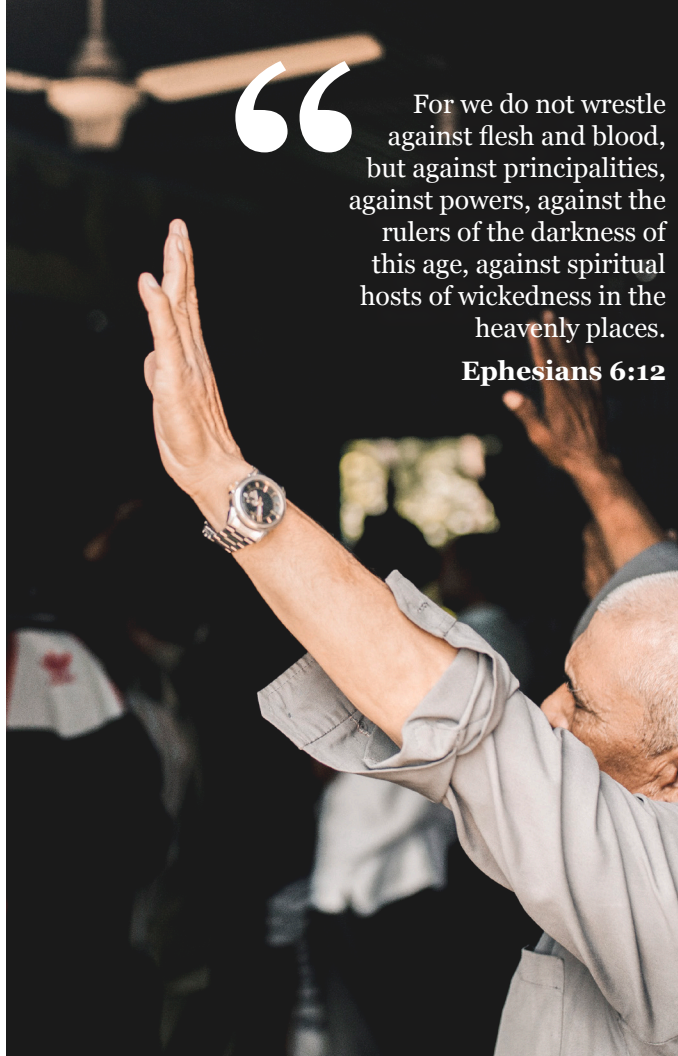
Loosen up! You are not fighting the battle. It has already been fought and Jesus took the victory. You are the one He is using to claim the prize.

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 4: 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 5: 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?

Centers of Government:

Centers of Education:

Centers of Communication:

Centers of Commerce:

Centers of Spiritual Activity:

## Step 6: 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 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 central pressure points you have located on the previous page. You cannot control the outcome, but you can control the atmosphere.

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



# About SEAPC

South East Asia Prayer Center is a global Christian 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 walking movements in 75 nations, our vision is to witness a world connected through prayer that brings 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 25 nations.



# Connect

[seapc.org](http://seapc.org)

412-826-9063

[info@seapc.org](mailto:info@seapc.org)

[facebook.com/SEAPC](https://facebook.com/SEAPC)

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Changing Lives Through Prayer