

JOIN THE



JULY 12-19

Prayer is the starting point for all spiritual change. **The 250K Prayer Walk Challenge** is an opportunity for our church to cover our community in prayer.

**Here's the goal:** Take at least one 15-20 minute prayer walk this week and help us reach our goal of **250,000 Prayer Walk Steps** as a church family. Walk with your Growth Group, your family, a friend, or on your own. Every step and every prayer counts.



*“Pray in the Spirit at all times and on every occasion.” Eph. 6:18*

## HOW TO PRAYER WALK

Keep your eyes open as you intentionally walk around a certain area so you become aware to the needs you see around you. You can pray aloud or quietly. If you're with a group, take turns praying aloud to really feel the impact. As you walk, pray for the people you see:

- Homes and families
- Children and students
- Schools and teachers
- Businesses and employees

**Remember:** Pray for people, not things. Ask God to bless your neighbors, strengthen families, meet needs, and pray that everyone you see comes to faith in Jesus.

# HOW TO TRACK YOUR PRAYER WALK STEPS

Use your phone, smartwatch, Fitbit, Apple Watch, or another step tracker to count your steps.

**Walking with a group?** One person can track the steps. And then multiply that times the number of people in your group. If you walk 2,000 steps with 10 members of your growth group, that equals 20,000 prayer walk steps! Your Growth Group Leader will take the lead.

**No step tracker? No worries!** Use this guide:

- 15 minutes = approximately **1,500 steps**
- 20 minutes = approximately **2,000 steps**
- 30 minutes = approximately **3,000 steps**

After your prayer walk, submit your total steps here so we can track our progress towards 250,000 steps:

[www.BocaJourney.com/PrayerWalk](http://www.BocaJourney.com/PrayerWalk)



You may also email [Growth@BocaJourney.com](mailto:Growth@BocaJourney.com), text 561.420.0606, or call Carol to share your progress.

Let's see what God does when an entire church spends a week praying for our community.

**Got questions?** Contact Carol at [carol@bocajourney.com](mailto:carol@bocajourney.com) or call/text 561.420.0606