

BLESS Prayer Method

The BLESS prayer pattern gives five ways you can pray for people you meet at any time, but especially while prayer walking.

As you walk and pray, be alert for opportunities and listen for promptings by God's Spirit to pray for individuals and groups you meet along the way.

You can say, "We're praying for this community, is there anything in particular we can pray for you about?" Or say, "I'm praying for this area. Do you know anything in particular we should pray for?" After listening to their response you can ask about their own needs. If they share, pray for them right away. If the Lord leads, you may pray about other needs as well.

Use the word B.L.E.S.S. to help you remember 5 different ways you can pray:

Body - health

Labor - job and finances

Emotional - morale

Social - relationships

Spiritual - knowing and loving God more