



Week 6 | Intercessory Prayer Exercises

Exercise 1-3 - Intercessory Prayer

Intercessory prayer is both an invitation to a deeper understanding of God's love for His creation, and a holy privilege to care for others through prayer. As we spend time being with Jesus, we begin to see the world and the people in it from His perspective and heart. We begin to long for the same things He longs for; this is the heart of intercessory prayer. Jesus desires for us to pray with Him and for others. What an honor to bring our love and concern for others--families and friends and the whole world--before our loving Father to ask what He wants for them. It joins us to others near and far, to their suffering, to their needs, to their value, and to God's unfailing love for them.

In our exercises this week, we will vary our focus in prayer each day. We will be asking God to bring a person (or people) or issue to mind to pray for. When we see others struggling or in pain, our tendency can be to minimize or turn away, but the prayer of intercession calls us to open our hearts, to share in this suffering, and to pray for God's will, mercy, and comfort. Be aware of the presence of Jesus as we join the flow of healing grace and participate in God's loving work in this world.

Day 1: Yourself

Day 2: Others (our church family, other family and friends)

Day 3: The world (Specific concern, issue, or leader in Jonesboro, U.S., or world)

Sit quietly and comfortably. Ask God to open your heart and mind in love and to bring to your awareness anyone for whom God would have you intercede. As a person comes to mind, offer him or her up to the Lord. Ask Jesus, "How can I pray for this person?" Listen and allow yourself to be aware of God's active, tender love for this person. Join in God's love for this person by praying for them as He guides you. Close in prayer by thanking God for His presence, his love, and for this person.

If God brings a specific concern for someone to mind or you know personally of their need, you may want to pray for them through Scripture (see attached). Sometimes we don't know how to pray specifically for others but we do have assurance that God will still hear our prayer. We can offer them up to the Holy Spirit who perfectly intercedes for us all (Romans 8:26-28) and we can trust that Jesus, who is seated at the right hand of the Father, intercedes for us as well (Romans 8:34). After your prayer time, you may want to write in a prayer journal. It can serve to remind you to continue to pray for people and issues and it can also act as a picture of God's faithfulness.

Praying Scripture

For someone in need of physical healing:

"Jesus, I pray that _____ will prosper in every way and be in good health physically, as well as spiritually." (3 John 2)

For someone in a difficult situation:

"Lord, may you answer _____ in the day of trouble!

May Your name protect them! May You send them help and give them support. May You remember their offerings and sacrifices. May You grant them their heart's desire and fulfill their plans! May we shout for joy in Your name when You deliver them." (Psalm 20:1-5)

For someone making a difficult decision:

"Jesus, _____ needs wisdom in this situation. Let them come to you and ask, remembering that you will give it generously without reproach." (James 1:5)

For someone who is burdened:

"Jesus, _____ is burdened, let them Come to you, and please give them rest. Let them take your yoke and learn from you, knowing that you are gentle and lowly in heart. Help _____ find rest for their soul." (Matthew 11:28-29)

For someone who needs guidance:

"Lord, help _____ to trust in you with all their heart and not lean on their own understanding. Help _____ to acknowledge you in all their ways, and please make their paths straight." (Proverbs 3:5-6)



For someone who needs peace:

"God of hope, please fill _____ with all joy and peace as they trust in You, so that they may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

"Lord, Please keep _____ in perfect peace. Help their mind to stay on You, and their heart to trust You. whose mind is stayed on you, because he trusts in you." (Isaiah 26:3)

For someone who needs provision:

"Jesus, help _____ not to worry about their life. Help them to remember that you provide perfectly for the birds and the flowers, and that we are far more valuable to you than birds and flowers. Help _____ to seek your Kingdom and Your righteousness first, and to be confident that everything else they need will be added to them. Help _____ not to worry about tomorrow." (Matthew 6:26-34)

