

Practices for Life

Intercessory Prayer

Defining the practice

Intercessory prayer is praying on behalf of other people and the needs of the world. It is a two-way conversation with God that happens by speaking *and* by listening to him.

Why this is helpful

Intercessory prayer affects both us and the world. As we bring requests to God, he works in us and through us to enact change according to his plans and purposes. These might be changes in circumstances, but they are also changes within us. Our prayers become more effective as we begin to desire what God desires.

Ways to practice

- Begin by listening to God first. Ask God what to pray for in each situation.
- Try setting aside 10 minutes at least 3 times a week to pray for the needs of others.
- Use the beginning of mealtimes to pray for the needs you encountered that day.
- Use categories from the Lord's Prayer (see handout) as a guide for practicing intercession.
- Write your own prayer request in the journal in this bin, and pray for someone else's request in exchange.
- Notice which prayer requests capture your attention and be responsive to those prompts from God.
- Pray for the spaces where you find yourself each day: your workplace, neighborhood, community, etc.



And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:18 NIV

Things to consider

Your prayers can be short and simple. God desires honest and heartfelt prayers.

Trust God with the outcomes of your prayers. There is no burden on you to make anything happen.

The Holy Spirit can provide the words when you are asked to pray for others. Pray with a combination of confidence and humility.



Rhythm of frequency