

# Types of Prayer in Hebrew Scripture

Prayer in Hebrew Scripture is not one thing.  
It has different expressions all rooted in covenant.

Here are four simple categories:

## Intercession (Standing Between)

### What it means:

Stepping in on behalf of someone else.

Example:

Moses after the golden calf (Exodus 32)

Israel sinned.

Judgment was declared.

Moses stood in the middle.

He appealed to:

- YAHUAH's covenant
- His promises
- His reputation among the nations

Intercession is not emotional defense.

It is covenant appeal for mercy.

Simple definition for beginners:

“I’m asking for mercy for someone else.”

## Confession

### What it means:

Admitting covenant violation.

Example:  
Daniel 9

Daniel didn't blame others.  
He said:

"We have sinned."

Confession includes:

- Acknowledging disobedience
- Recognizing consequences
- Returning to obedience

It's not guilt.  
It's correction.

Simple definition:

"I agree with YAHUAH about where I was wrong."

## **Praise**

**What it means:**  
Exalting YAHUAH for who He is.

Found heavily in:  
Psalms

But praise in Hebrew Scripture is not hype.  
It is remembering:

- His covenant
- His righteousness
- His faithfulness
- His deliverance

Praise strengthens trust.

Simple definition:

"I remember who You are and what You've done."

# Supplication

## **What it means:**

Asking for something.

But here's the key:

It is asking according to covenant promises.

It's not:

“Give me whatever I want.”

It's:

“Fulfill what You have already spoken.”

Supplication aligns your request with Torah.

Simple definition:

“I'm asking based on what You promised.”