



INTERCESSORY PRAYER

Desire: *To turn my concerns and worries into prayer; to pray with the heart of the Father.*

Definition: *Intercessory prayer invites us into God's care and concern for us, our families and friends, and the entire world. No concern is too trivial for God to receive with loving attention. However, intercession is not a means of manipulating heaven into doing our will. Rather it is a way we become aware of God's prayer for a person and join in that intercession.*

Scripture:

"in the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's Spirit up so that no one falls behind or drops out." (Ephesians 6:18)

God-given fruit:

- *responding to Jesus's invitation to pray with him and for others.*

Reflection Questions:

1. *What do your requests to God reveal about your priorities, goals, desires and heart?*
2. *What helps you remember to pray for others?*

Spiritual Exercises:

1. *Pay attention to the moments when people come to mind. Sometimes they come to you out of the blue. As this happens, turn to the Lord and ask him "what is your prayer for this person?" Listen and pray for them.*
2. *Create a weekly prayer list. Vary the topics of prayer for each day. Spend some of the time listening for His guidance as to how to pray. When you don't know how to pray for others, offer them up through the Holy Spirit, who perfectly intercedes for us all.*