

**GRACE BIBLE TRAINING CENTRE (GBTC)**  
**SCHOOL OF MINISTRY**  
**ARUSHA - TANZANIA**

**SUBJECT:** PRAYER & INTERCESSION

**LESSON 1:** INTRODUCTION

**COURSE TEACHER:** BISHOP EKONG

**Introduction:** Luke 11:1-13

Prayer is at the heart of Christian living and it is the life-blood of any believer or Church. It is the main link and form of communication between a believer and God, without which he or she cannot function or exist. Our Lord Jesus started His ministry on earth with prayer (*Luke 4:1-2*) and ended it in prayer (*Luke 23:46*). After His resurrection from the dead and ascension into glory, He continues with this vital ministry of prayer and intercession, and particularly for our sakes (*Hebrews 7:23-25*).

The importance and value of prayer resonates throughout the Bible with many examples and commands to pray.

Yet, prayer appears to be one of the Christian disciplines that is difficult to practice by believers. One often wonders why this is the case. The questions then are:

What is prayer?

Why should we pray?

What are the benefits of prayer?

Why is it difficult to pray?

What makes it difficult to pray and how can we overcome it?

What can we do to cultivate the practice of prayer?

The disciples of Jesus Christ had a problem in that department and they came to the right person who practiced and experienced the power in prayer. They asked the Lord Jesus Christ in Luke 11:1, "Lord, teach us to pray". The Lord responded by teaching them the essentials or patterns of prayer, as in the "Lord's Prayer". This implies that prayer can be taught.

We will look at some of the basic principles and patterns of prayer as we go through this course.

**What is prayer?**

1. Prayer is simply a conversation or communication with God (*Exodus 33:7-11; Matthew 14:22-23*)
2. It can be expressed in praise, thanksgiving, supplication and intercession (*1Timothy 2:1-4*)
3. It is the means by which we seek the unlimited resources of heaven to meet the needs of a limited people (*Philippians 4:19; John 16:23-24*)
4. It is a spiritual warfare (*Ephesians 6:10-13, 18-20; 2Corinthians 10:3-6*)

**What is intercession?**

1. It is to plead with someone on behalf of another (*Exodus 32:11-14; Hebrews 7:23-25*)
2. It is to act as a mediator, a go-between, a reconciler, an arbitrator or advocate for someone else (*1John 2:1-2; Hebrews 2:14-18*)
3. It is to stand in the gap between judgement and mercy (*Psalms 106:23; Ezekiel 22:23-31*)
4. It is to help carry the burden of another in order to alleviate them from suffering and pain (*Romans 8:26-27*)

**Interactive Session**

Discuss practical constraints to prayer and intercession.

How do we overcome these constraints and difficulties?

- Tiredness
- Laziness
- Timidity & fear of people
- Lack of time
- Lack of interest
- Lack of knowledge or understanding