

Intercessory Prayer

Intercessory prayer involves bringing the needs of others before the Lord and entrusting Him with the outcome. We ask Him to intercede on their behalf.

We sometimes know exactly what we want to pray, and it comes easy. Other times, we don't know what or how to pray for someone or a situation, but we express it to the Lord anyway. He knows what is on our hearts and He intercedes for us. Romans 8:26 (NIV) says, "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us ..."

He knows the burdens we carry. But, he wants us to bring our burdens to Him and ask Him to do something about it. Philippians 4:6 (NIV) says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

The process of asking connects us to Him. We join with Him in our concerns and requests. We tap into a higher power and unleash the armies of heaven.

The following ideas will help keep intercessory prayer interesting:

- Make a prayer list, reserving each day of the week to pray for different people groups, such as family, friends, coworkers, church leaders, world leaders, etc.
- Pray spontaneously, as soon as you hear of a need.
- Attend a prayer group at church.
- Go for a prayer walk and pray with eyes open.
- Set an alarm to remind you to pray at the same time each day.
- Ask friends and/or family to write out their prayer requests for you on a card.
- Tell someone you'll pray for them and write it down, so you don't forget!