

All of us pray in different ways at different stages in our lives. Sometimes our way of praying changes as we grow in our relationship with God

Intercessory prayer comes from the Latin word *intercedere*, 'to go between', 'intervene on behalf of another'. In intercessory prayer we plead on the behalf of another person or a particular situation. Intercessory prayer has a long history. In the Old Testament, Moses, Abraham and the prophets plead on the behalf of God's people. In the New Testament, Jesus models intercessory prayer by praying for his disciples. Intercessory prayer plays an important part in the majority of Christian traditions, especially within the context of Sunday Worship.

However, it is important to remember that this is only one of many ways of praying, and prolonged moments of repetitive lists of intercessory prayer can sometimes get in the way of a deeper listening place. So a certain balance needs to be found here.

Book suggestions

Clements-Jewery, Phillip (2005) *Intercessory Prayer, Modern Theology, Biblical Teaching and Philosophical Thought*. Ashgate Pub. Ltd.

Hauser, Richard (2003) *Finding God in Troubled Times*. Loyola Univ Press.

Prichard, John (2011) *The Intercessions Handbook*. SPCK Publishing

Vennard, Jane E. (1995) *Praying for Friends and Enemies*. Augsburg Fortress.

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Bringing your concerns into prayer



"Lord, I am here before you..."



Intercession means simply being with God with particular people or situations in mind.

“Lord, I am here before you, with ...(*name*)... on my heart.”

You only need to mention a person or situation with a real intention to hold them before God. It’s not about rushing through a list, but naming people or situations in loving care.

It doesn’t matter how the thoughts or words come out – the more personal and genuine the language, the better.

Use the simple phrase above if you like, or something like:
“Circle, Lord, your servant ...(*name*)... with your healing love...”

Talk to God about your particular concern. After naming the person or describing the situation that is troubling you, be silent – whatever feels right to you.

Light a candle

You may want to light a candle, remembering Jesus’ words: **“I am the light of the world”** and the person or situation you are praying for. When we light a candle, our prayers become smaller symbols of the One Light of Christ.

Use a prayer box, prayer board or tree

It may help you to write down the name of the person or the situation you are praying for on the cards provided.

The prayers in the box will not be read out loud, but prayed for quietly on a Sunday morning. However, if you do want other people to know and pray for the particular person or situation you have on your heart, please put your prayer on the prayer board.

When you’re ready, **end your prayer** by saying thank you or using words that are familiar such as the Lord’s Prayer (Our Father) – whichever feels right and comfortable.

