

Week Two

Intercessory Prayer

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.

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.

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

Afterwards you might want to write down any thoughts or feelings.

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