

Practicing Intercession

Practicing Prayer

Week One

Prayer is one of the most basic practices of the Christian faith. It is impossible to experience an abundant life of faith without a meaningful rhythm of prayer. While there are a number of prayer methods, intercession is one of its most foundational forms. In prayers of intercession, we bring our requests to God, but we are doing more than asking God for what we want. Intercession is an opportunity to ask and listen, to notice how God is responding to our desires, and to deepen our relationship with the Lord.

Reconnect

Come together using a safe and inclusive question

- How did you learn to pray? Who taught you, and what did they teach you about prayer?
- When have you experienced a meaningful answer to prayer?
- What is something silly you have prayed for?

Opening Prayer

Lord, You have invited us to bring all our requests, the big and the small, to You in prayer. Like a father who longs to give good gifts to his children, Your love and goodness overflow in our lives. Please surround us with Your loving presence, so we might know You more deeply in our prayers. Amen.

Intercession Teaching and Practice

1. Watch the introduction video together.
2. Listen to the audio teaching and guide together.
3. Use the following guide to facilitate discussion.

Choose Your Discussion & Application Questions

- Holding a request in God's presence.**
 - » Have you ever thought about intercessory prayer in this way?
 - » What might prevent us from presenting our requests to God in this way?
- The practice of intercession.**
 - » How did you experience the practice?
 - » What connected for you in this way of interceding?
 - » What was hard for you?
- Continuing the practice.**
 - » Are you willing to continue this practice throughout the week?
 - » What obstacles might you face, and how can you plan today to be intentional about practicing intercession this week?

Digging Deeper

Read Luke 11:1–13 aloud and then discuss the questions.

1. What do you notice in Jesus' teaching on prayer?
2. What is the Holy Spirit teaching you in this passage today?
3. How is God prompting you to respond?

Next Step

This week, consider using the intercession prayer guide to hold a request in the presence of God.

Closing Prayer

God, thank You for Your sovereignty, Your goodness, and Your profoundly personal love. Guide us as we seek to live more fully in Your presence both in our times of prayer and in our everyday life. Amen.