

Intercession



Many of the items on our prayer list are examples of intercession, praying for other's needs either physical or spiritual. We can come freely to God's throne because we know his mercy firsthand. One of the earliest prayers of the community of Jesus followers was the Kyrie Eleison: Lord have mercy, Christ have mercy, Lord have mercy. When you're spending extended time in prayer, your urgent prayer list may loom large in your mind. Rather than stuffing it in the drawer, use it to prime the pump for the rest of your prayer conversation with God.

Start by speaking Psalm 123 to God line by line with plenty of space between each line to let your mind settle on the images and your heart to slow down and rest.

Psalm 123

I look to you, heaven-dwelling God, look up to you for help.

Like servants, alert to their master's commands,

like a maiden attending her lady,

We're watching and waiting, holding our breath,

awaiting your word of mercy.

Mercy, GOD, mercy!

Next lay your prayer list petitions out on the table one at a time asking our merciful God to pick them up and take care of them by saying: *Lord have mercy, Christ have mercy, Lord have mercy.*

Sit with God in silence after each and listen for his heart in the matter.

If you don't keep a prayer list range through current needs in your community, among your family, and people in your network.

Now pray with Jesus' prayer, line by line using each as a heading you expand with your own words from your own situation.

Our Father...

who is in heaven...

Holy is your name...

Your kingdom come...

Your will be done on earth...

as your will is done in heaven...

Give us today our daily bread...

Forgive us our sins...

as we forgive others...

Lead us out of temptation...

deliver us from the evil one...

For yours is the kingdom...

the power, the glory...

forever. And ever...

Amen...

Close by thanking God for this truth:

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayer, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 MSG

