

Intercessory Prayer



There are many ways of praying for others. Some ways of praying use words. Other ways of praying use our bodies and imaginations.

Cupped Hands

Cup your hands near your heart and imagine a person or place or situation you'd like to pray for. It could be someone you love, or your pet, or a place you care about, or something you're worried about. Take a moment to hold whatever you are praying for close to your heart. *Pause*

When you are ready, stretch your cupped hands out in front of you in the space shared between you and God. Imagine you and God together loving the person, place or situation you're praying for. *Pause*

When you are ready stretch your arms to the ceiling lifting what you are praying for to the light of Christ. Then release your arms to your sides, releasing what you are praying for into the wellbeing of the Spirit.

When you are ready cup your hands near your heart and imagine another person, place or situation you want to pray for...repeat the sequence.

Before you close spend a moment in quiet, arms over your heart loving God and being loved by God. Then say Amen.

Praying with Candles

One of the oldest ways of praying that we know of is lighting candles. Begin by breathing deeply and becoming quiet inside. When you are quiet, ask the Holy Spirit to bring to your heart and mind a person, place or situation for which you can pray. Wait patiently.

As a person, place or situation comes to mind, light a candle and hold them in prayer before God...

As another person, place or situation comes to mind, light another candle and hold them in prayer before God. You may continue this process as long as you would like.

At the end of your prayer time, light a candle for yourself and give thanks for your life.

**Intercessory prayer acknowledges that God's desire is already in motion.
When we pray the prayer of intercession, we add to the strength of love.
-Douglas Steere**