

PRAYER

Session 4

Prayers of Petition and Intercession

This is the fourth of six sessions on prayer. In this session we will look at the type of prayer many of us are most familiar with - prayers of petition and intercession. Petitioning God on behalf of ourselves, or others, is one of the ways we live out our relationship with God, recognizing our total dependency upon God.

Opening Activities



Centering Moment

Light a candle and observe 30 seconds of silence as a reminder of God's presence among us.



Mark 10:46-52

They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. When he heard that it was Jesus of Nazareth, he began to shout out and say, "Jesus, Son of David, have mercy on me!" Many sternly ordered him to be quiet, but he cried out even more loudly, "Son of David, have mercy on me!" Jesus stood still and said, "Call him here." And they called the blind man, saying to him, "Take heart; get up, he is calling you." So throwing off his cloak, he sprang up and came to Jesus. Then Jesus said to him, "What do you want me to do for you?" The blind man said to him, "My teacher, let me see again." Jesus said to him, "Go; your faith has made you well." Immediately he regained his sight and followed him on the way.



Reflect

"What do you want me to do for you?" What do you want Jesus to do for you right now? What need or desire of your heart do you have that makes you cry out something like "Have mercy on me!"?



Opening Prayer:

Dear God, hear our need and our poverty before you. Help us to relinquish control and lay our fears, doubts and needs at your feet. Take on our burdens as we hand ourselves over to your loving care. Amen.



Music (optional)

Sing or listen to "Change My Heart O God"



Share

Share with one another any thoughts from last weeks' exercises or session.



Watch: Prayers of Petition & Intercession



Discuss

- Read Matthew 7:7-11. Jesus tells us if we ask, we will receive. Yet our reality is that not everything we ask for is granted in the way in which we are expecting or wanting. How do you reconcile this passage with your personal experience of petitioning God?
- For what do you typically pray?
- Read John 15:7. When you ask God for something, is your attitude one of willfulness or willingness? How are you challenged? In what ways does your prayer change when you pray for willingness rather than willfulness?



Closing Prayer

Offer up whatever petitions of your hearts you need lifted up to God.



Exercises To Do At Home

1. **Read Matthew 6:31-33.** In order to reflect on what it means to focus on the kingdom of God, draw a large circle on a page in your journal. Around the circumference, name “all these things” about which you are anxious. Consider Jesus’ words “strive first for the kingdom of God” and what they mean for you. As you gain clarity, write the priority in the center of the circle. Reflect on how this priority could change your life over time.
2. **Devote a few moments to your breath prayer.** Note any insights about the relationship of your breath prayer.
3. **Read Colossians 1:9-12.** Write a letter to people in your family, Church or workplace expressing your prayer for them. In doing so, give the love of Christ in you full rein to express your highest hopes and passion for their spiritual well-being