



Rhythm of Life



Developing healthy spiritual habits in order to draw closer to God.

Aug/Sept

Intercession

Challenge: Pray daily for one of your frontlines this month

What is Intercession?

"This then is how you should pray: Our Father... your Kingdom come, on earth as in heaven..."

(Matt 6:9-10)

Intercession is a style of prayer where we listen to God's heart for his world, and join in.

Intercession: why pray for others?

We pray for others because it brings us closer to God: We begin to look at the world through his eyes. Our priorities shift. Our selfish desires get a little bit fainter. Our love for God and others begins to grow.

We pray for others because Jesus did: We can read some of his prayers in the gospels, e.g. John 17:6-26 He has a heart of compassion for the sick, the struggling and the outcast. In the Lord's Prayer, Jesus showed his disciples how to pray for the world and for ourselves. Matt 6:9-13 The prayer asks God to re-make the world how it should be.

We pray because God works through our prayers: Jesus' first followers taught us that when we invite God to act, he is pleased to answer our prayers: in fact, he can do "immeasurably more than all we ask or imagine." (Eph 3:20) God does not force himself on the world, we invite him in. It's not a simple ask/ receive relationship, as our requests are not always in line with God's greater plan, and sometimes he does not appear to act: his ways are not our ways. Sometimes we cry, "How long, Lord?" But we keep going in prayer, trusting in God's unfailing love. Many times we see answers to prayer and we give grateful thanks to God.

We pray guided by the Spirit: In Romans 8:26 we learn that the Spirit helps us to know what to pray for, and that he continues where we run out of strength and words.

Intercession is a way of life. Learning to listen to God and to others. Learning to be less self centred. Learning to love others, especially those hard to love. As we get more used to praying for others, we find it becomes a backdrop to the whole day.

Intercession is about team work: We don't have to do it alone! We are partners with our family in Christ. We can share our needs and the needs of others. We can pray for others when they feel too overwhelmed to pray, and they will do the same for us.

What can we pray about? In Philippians 4:6 we are encouraged to present everything to God in prayer, with thanksgiving that he hears and he will act. Nothing is too big or too small. We can become better informed by following the news or by asking others what they would like us to pray for them.

Intercession Challenge

Pray daily for one of your frontlines this month

What are frontlines?

Frontlines are places where we spend most of our time, especially with non-Christians: in our homes, work places, leisure activities and neighbourhood.

Which frontlines should I pray for?

Begin by spending some time at the start of the month in prayer for your frontlines.

1. Write down your frontlines.
2. Pray for each of them one by one, listening to God as you do so. Who pops into your mind? What places, groups or people bring out strong emotion in you for good or bad? Write down your thoughts.
3. Choose one person/ place/ frontline situation that you feel God is calling you to focus on this month. Commit to praying regularly for them: you could set an alarm, write it in your diary or put a reminder note out in a place and time that you will be able to keep to.
4. Record any thoughts and ideas that come to you when you're in that frontline place.

Keep it real

Set yourself a target of how often you will do this and for how long. You can always extend and increase once you get in the rhythm!

Keep it focused

These spiritual habits are not an end in themselves, they are a means to an end. The goal is to love God more. So try not to do them as a duty you have to endure, but as something you gladly undertake. There are no prizes- save for the joy of knowing God better!

Keep it up

You're going to forget, or get distracted, or interrupted. Don't worry! Try again later, or make a fresh start tomorrow.

Ready for a Challenge Boost in September?
Join with a few others in praying for your frontline regularly.



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and Rhythm of Life**