

Prayer Practice

intercession

ADDRESS

Creator God,
Sustaining Son,
Guiding Spirit;

You have held us through the night
and raised us from sleep
to the light of this new day.

**As the day continues,
We acknowledge Your presence.
Our hearts are open to You.**

THANKS & PRAISE¹

Pray a Psalm of thanksgiving or praise.

*Then allow the psalm to inspire your own extemporaneous prayers of praise and thanksgiving.
Feel free to give thanks for good news related to previous prayer concerns.*

INTENTION

We open our lives **to you Lord,**
We make space in this day **for your coming.**
We move from busyness **to your stillness.**
We open our heart **to your love,**
We open our ears **to your call,**
We open our eyes **to your presence;**
We open our lives **to you.**¹

PRACTICING THE PRESENCE

Take some time to quiet your mind. Simply sit in the presence of Jesus who is always with you.

After a few moments, invite the Spirit to bring needs to your attention to bring before the group. Be open to a variety of needs (e.g., personal, relational, systemic, global, environmental, etc.)

¹ Visit the following website to see the Psalms categories by genre: <https://pdf4pro.com/amp/view/categorizing-the-psalms-fb-caa-org-41926a.html>

² Adapted from a prayer by David Adam in *A Desert in the Ocean*

SHARING OF REQUESTS

Share with the group the needs on your heart.

TEACH US TO PRAY

...the Spirit helps us in our weakness;
for we do not know how to pray
as we ought,
so the Spirit intercedes
and articulates prayers for us
with groaning too profound for words.
And God, who searches the human heart
intimately knows the Spirit's mind
because the Spirit pleads to God for the saints
to align their lives with the will of God.

—Romans 8:26-27

SILENCE

Invite the Spirit to guide your prayers for the requests brought before the group. Be open to receiving guidance through an image that appears in your sanctified imagination, a word or Scripture that comes to mind, or a sensation that you feel in your body.

God, teach us to pray.
May our wills be in alignment with Yours,
and may Your will be done
on earth as it is in heaven.

INTERCESSION

Let us lift up our prayers in silence or aloud.

DECLARATION OF TRUST

**God of compassion and grace,
Scripture tells us
that you see the needs of your people,
you hear the groans of the world,
and you are moved.**

**We trust you have heard our prayers.
Answer us according to Your mercy.
Amen.**