



Prayer and Intercession

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Today we are going to talk about the power of prayer and intercession.

Prayer serves as an earthly license that allows heavenly intervention. It grants God permission to involve Himself in a person's affairs on earth.

What Is Prayer?

Prayer is simply talking with God.

It is a conversation between a believer and God. We speak to Him, and He listens. Prayer is not about fancy words. It is about a sincere heart.

In the Bible, prayer includes:

- Talking to God
- Thanking God
- Asking God for help
- Praising God
- Listening for His guidance

Jesus taught that prayer should come from the heart.

Example:

In **The Gospel of Matthew 6:6**, Jesus said we should pray privately and sincerely to the Father.

Simple truth:

Prayer is spending time with God.

Are you a senior or someone who can't get to church in person?

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AIMCHURCH.ONLINE, church comes to you.

What Is Intercession?

Intercession is praying for someone else.

Instead of praying for our own needs, we stand before God on behalf of another person.

We ask God to:

- Help them

- Heal them
- Save them
- Protect them
- Guide them

Intercession is an act of love.

The Bible shows that Jesus Himself intercedes for believers today.

Hebrews 7:25.- States that Jesus lives to make intercession for us.

Simple truth:

Prayer = talking to God for yourself.

Intercession = talking to God on someone else's behalf.

Bible Examples of Prayer

Jesus Prayed Often – Withdrawing to a lonely place to spend time with God

In **Gospel of Luke 5:16**, Jesus often withdrew to quiet places to pray.

Even though He was the Son of God, He depended on prayer.

Lesson: If Jesus needed prayer, we do too.

Hannah Prayed for a Child

In the **First Book of Samuel 1**, Hannah prayed with deep emotion because she could not have a child.

God answered her prayer and she gave birth to Samuel.

Lesson: God hears sincere prayer.

Daniel Prayed Daily

In **Daniel 6:10**, Daniel prayed three times a day even when it became illegal.

Result of prayer - God protected him in the lion's den.

Lesson: Faithful prayer brings God's protection and favor.

Bible Examples of Intercession

Abraham Interceded for a City

1. In **Genesis 18**, Abraham pleaded with God to spare the city of Sodom.
2. He prayed for others, not himself.

Moses Interceded for Israel

- In **Exodus 32**, when Israel sinned, Moses prayed that God would forgive them.
- Because of his intercession, God showed mercy.

Jesus Interceded for Peter

In the **Gospel of Luke 22:32**, Jesus told Peter:

- "I have prayed for you that your faith will not fail."
- That prayer helped Peter recover after denying Jesus.

How Should a Christian Pray?

Prayer does not have to be complicated.

A simple pattern many believers follow comes from the **Gospel of Matthew 6:9-13** when Jesus taught the Lord's Prayer.

A practical way to pray:

1. Begin with Praise

- Thank God for who He is.

2. Thank Him

- Be grateful for blessings.

3. Bring Your Needs

- Ask God for help, wisdom, or healing.

4. Pray for Others

- Family, friends, church, and nation.

5. End with Trust

- Believe God hears you.

Even **5–10 minutes daily** can transform a person's spiritual life.

What Can Prayer Accomplish?

1. Prayer releases God's power into situations.
2. The Bible teaches in **Epistle of James 5:16** that:
3. *"The prayer of a righteous person is powerful and effective."*

Prayer can:

- Bring peace to the heart
- Provide wisdom and direction
- Open doors and create opportunities
- Bring healing and protection
- Strengthen faith
- Change circumstances
- Draw us closer to God

Many believers have seen miracles through prayer.

7. What Happens When You Pray Regularly?

Regular prayer produces spiritual strength.

A person who prays often will experience:

- Greater peace in difficult times
- Stronger faith

- Clearer guidance from God
- A deeper relationship with God
- Confidence in facing life

Prayer keeps our hearts connected to God.

Just like a plant needs water, a Christian needs prayer.

8. Who Is Intercession For?

Intercession is for:

- Family members
- Children and grandchildren
- Church leaders
- The sick
- The lost who need salvation
- Communities and nations

Seniors especially have a powerful ministry of intercession because they often have more time and spiritual wisdom.

Their prayers can impact generations.

9. A Simple Daily Prayer for Seniors

"Lord, thank You for this new day.
Guide my steps today.
Strengthen my faith.
Bless my family and protect them.
Help those who are sick or discouraged.
Use my life to bless others.
In Jesus' name, Amen."

**Key Truth to Keep in Mind - Prayer changes things.
Intercession changes people's lives.**

Even quiet prayers offered faithfully can move the hand of God.