

Forms of Intercession

By Shelly Scott

1. "Hold God to His promises" – pray the promises and truths of God until you live and believe them, and can worship God for His faithfulness to His promises
 - Ex: "God you promise that if we abide in you then we can ask whatever we wish and you will give it to us, so before I ask for anything, first I ask that we would abide in you. That way, when we ask, we are asking for the things You want to give and will get to see You provide them!"
2. "Make level" or "Make Ready" – pray for the spiritual things that are off to be shifted by God to be made right; confess and repent for yourself or for your community as it comes up!
 - Ex: "Lord, we know that students are experiencing mental health crises on this campus. We confess that we and this campus often worry and try to fix things ourselves instead of first turning to You. We ask that you turn our eyes and our attention to you, and that as we do this, you would remove the depression, the isolation, the loneliness, the apathy, and instead fill us and this campus with peace, with community, with a desire to make connections, with professionals who can help students find a way to health, and with an abundance of resources so that students can be abundantly healthy."
3. Obey – ask the Lord how He might be asking you to live into His Kingdom
 - Ex: As you pray for a mental health crisis, ask, "Lord, is there anything you are calling us to do to tangibly be an answer to this prayer?" Then take time to listen; He may call you to leave an encouraging note to counsellors on campus, or actively invite students to spaces of community on campus, or offer prayer on campus, or something else entirely! And then, actually go and do what He calls you to!
4. Identify With – Jesus was only able to die for our sins and intercede on our behalf (John 17) because he lived his life on earth as a human, just like us; how can you identify more with what you're interceding for? Is there something God is asking you to do or to fast from for a time?
 - Ex: if you're praying for students on a campus, go and be on that campus and feel what they feel as well. Do they complain about bad cafeteria food? Eat it with them! Do they struggle with their classes? Perhaps audit or enroll in a class or two on that same campus, or go back and remember your own time in your classes and meditate on what that had been like. Are you asking for students to experience freedom from the need to compare themselves to others? Fast from something that tempts you to compare – like social media.