



Week 2: Intercessory Prayer and Praying with the Saints

Intercessory Prayer

Catechism of the Catholic Church says: "Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners. " (CCC par.2634)

What is Intercessory Prayer:

- Intercession is the act of intervening on another person's behalf. Intercessory prayer is a prayer said on behalf of someone else.
- It can be a prayer for a friend, a family member or just a person in need.
- One of the earliest examples of intercessory prayers comes from the Book of Genesis when Abraham pleaded with God for the deliverance of the people of Sodom.
- The scriptures describe Intercessory prayers as building bridges between God and those we are praying for.

Praying with the Saints

The Catechism of the Catholic Church says: The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings, and their prayer today...Their intercession is their most exalted service to God's plan. We can and should ask them to intercede for us and for the whole world. (CCC par. 2683)

What is Praying with the Saints:

- The practice dates to the earliest days of Christianity and is shared by Catholics, Eastern Orthodox, the other Eastern Christians, and even some Anglicans—meaning that it is shared by more than three quarters of the Christians on earth.
- The word "saint" comes from the Latin word *sanctus*, which translates to "consecrated" or "holy." These saints, living exemplary lives, provide for us examples to follow so that we may, in turn, follow them to Heaven.
- They are aware of our petitions and present them to God by interceding for us.
- Those in heaven, being free of the body and the distractions of this life, have even greater confidence and devotion to God than anyone on earth.

A great book on the Saints – [Any Friend of God is a Friend of Mine: A Biblical and Historical Explanation of the Catholic Doctrine of the Communion of Saints.](#)

ACTS Prayer

A: ADORATION

To adore God is to worship him for who he is and not only for what he does. In adoration you verbalize your worship, praise, honor, and exaltation of God. Many of the psalms can help us to focus on the attributes of God, such as his loving kindness, his mercy, and his majesty. Adoration is an expression of love and trust.

C: CONFESSION

As you begin your prayer by worshipfully adoring God, the Holy Spirit will often reveal any sin in your life that needs to be confessed. To confess means to “agree with.” In other words, you agree with God concerning your sin — that it is, in fact, sin; that Jesus’ death on the cross has paid for that sin, and that you are fully forgiven as a result of that perfect sacrifice. This leads you to ask God for forgiveness and thank him for doing so (1John1:9).

T: THANKSGIVING

Giving thanks to God is an expression of faith, and faith pleases God. In saying, “Thank you,” you are expressing your gratefulness and appreciation for what God does. Thanksgiving is also saying, “God, I trust you.” It is the opposite of whining and becoming bitter when things don’t work out the way you want them to. The Bible tells us that God’s will is that we give thanks to him in all circumstances (1 Thessalonians5:16-18).

S: SUPPLICATION/INTERCESSION

Supplication means entrusting all your needs and desires to God. He is the Creator of the universe, and he wants you to tell him what’s on your heart, however minor it might seem. Anything that concerns you concerns God. That includes difficult areas in your personal life, or the needs of others.

When you pray, don’t forget that listening to God is just as important as speaking to him. Listen to him as the Holy Spirit speaks to you through the Bible or even in the quiet stillness of your heart.