

How Praying For Others Can Deepen Your Relationship With God



Intercessory Prayer Newsletter

June 2021

Holy Family Parish Whitby

What Happens When Group Members Commit to Pray for One Another?

- Your relationship with Christ and with each other will deepen. You will experience spiritual growth.
- There is less chance of burnout as you put problems in God's hands and trust members to his care.
- You allow the Holy Spirit to work in your group so your time together is filling and refreshing.
- God will answer your prayers in amazing ways, and your faith will increase.

What To Pray for Others: Colossians 1:9-14

Intercessory prayer can be defined as asking God to act on behalf of someone else. Sometimes we don't know how to pray for our friends and family (or even those who have hurt us), yet we know we should pray for them. In Colossians 1: 9-14 Paul gave us a pattern to follow when we pray for others. Read this passage and try using it as a pattern the next time you pray. Watch how God answers.

Follow the P.R.A.Y. Model

- **P—Praise Him** for His love and goodness. Thank Him for something in your life.
- *I will praise God's name in song and glorify him with thanksgiving. Psalm 69:30*
- **R—Repent** for wrong choices. Ask the Holy Spirit to reveal any hidden sin. Receive forgiveness.
- *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. Acts 3:19-20*
- **A—Ask** for what you and others need.
- *This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him. 1 John 5:14-15*
- **Y—Yield** to God. Listen to the Holy Spirit's inner voice. Obey what you read in the Bible.



Carrying each other through prayer!

The *LORD* is my light and my salvation;
whom should I fear? The LORD is my life's
refuge; of whom should I be afraid?

Psalm 27:1

*In INTERCESSORY prayer
you allow the needs of others
to take preference
over your personal needs*

Facilitate Meaningful

Prayer Group

Model It

1. Be a person of prayer yourself—pray for your members and for who might fill the open chair, asking God to give you his direction in leading the group.
2. When you pray out loud in the group, keep your prayers honest, authentic, and from your heart.
3. Basic guide for group prayer:
 - A. Short simple prayers create safety.
 - B. Simple prayers are direct and honest.
 - C. Spirit-led prayers rely on God's power.
 - D. Silent prayers are okay for anyone, especially newcomers.

Keep It Safe

1. Don't call on someone to pray unless you've asked permission beforehand (or you know them well).
2. Don't expect everyone to pray every time.
3. Try to avoid praying in a circle. Allow members to pray one at a time as they feel led.
4. Respect the intimacy level. As the group grows in deepening relationships, a sense of safety will foster a deeper experience in prayer.
5. Avoid lengthy discussions on prayer.

Thank you for being an Intercessor!

St. Joseph Prayer Group meets every 1st and 3rd Monday @ 7:00pm

Rosary Prayer Group meets every Tuesday @ 5:00pm

Divine Mercy Prayer Group meets Tuesday-Thursday @ 3:00pm

St. Therese Prayer Group meets every Tuesday @ 7:00pm

St. Kateri Prayer Group meets every Wednesday @ 1:00pm

St. Raphael Prayer Group meets every Wednesday @ 7:00pm

Prayer Warriors Group meets every Thursday @ 6:30pm

Our Lady of Grace Prayer Group meets every Friday @ 1:00pm

Marriage & Family Life Prayer Group meets every first Friday @ 7:00pm