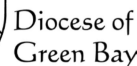


# A Quick Guide to Intercessory Prayer



## WHAT IS SHARE PRAYER?

“Share Prayer” is an easy way to pray with and for someone in a simple and non-threatening manner. It takes some practice but once you have done it a couple of times you will find it to be a comfortable formula that you can use with family, friends, or with someone you have just met.

**PRAYER TRANSFORMS  
LIVES, WE JUST HAVE TO  
BELIEVE IT AND SHARE IT!**

Regardless of who we are praying with, the value of intercessory prayer is that it connects us more deeply to the suffering of the other while at the same time encourages the Lord to take hold of their situation. Praying with someone is to extend the voice of Christ to another which brings healing and peace.

### PICTURE THIS SCENARIO:



As you are out and about, you run into a friend that you have not seen in some time. After some conversation you notice that your friend seems to be worried and anxious. You ask them what is going on and they open up to you.

Your friend tells you that their beloved grandmother has had a mild stroke, that their family is fighting about whether she should be placed in a nursing home and as a result, the family is in turmoil. Your friend asks you for some prayers and you promise to remember them in your prayers.

At the end of the conversation you say, “I am sorry. I will pray for you” which is a fairly typical response. In the days and weeks that follow we remember our friend and their intentions in our prayers.

We know that prayer is good but we don't realize that we can do something concrete to bring Jesus into the situation right there and then. What we can do is to "share a prayer" with them.

## WHY SHARE PRAYER WITH OTHERS?

Jesus tells us to pray for others. The early witness of the Church tells us to pray. We want to pray, but we don't always feel comfortable praying aloud with another person.

Our friend may or may not be a Christian, they may or may not believe in God or maybe they are seeking a relationship with Christ but do not know where to begin. Regardless, they need prayer and have reached out to you as someone they trust. Instead of praying for that person and their situation later in your day, why not stop and pray for and with them in the moment?

## BENEFITS OF SHARE PRAYER:

- The Scriptures are clear - Jesus tells us to pray with others. The disciples asked Jesus to teach them to pray so that they could deepen their love for Christ and for each other.
- It is a witness of the Gospel to the person you pray with and for.
- In a crisis, praying with someone unites us to their suffering and our suffering to Christ's suffering.
- Praying for the living and for the dead is one of the spiritual works of mercy.
- In the words of Pope Francis when we rise from prayer our hearts are "more open and freed of self-absorption".
- If we pray in the moment, we won't forget to pray later.

