

# How to Pray: Intercessory Prayer

## Preparing to Pray

As you consider praying for others, here are some things to keep in mind as you prepare to pray:

- **God truly hears our prayers:** Don't underestimate how vital and powerful your prayers can be.
- **This is God's work:** The Holy Spirit is the principal agent of evangelization. When we intercede for others, we allow him to do the heavy lifting in our work of bringing souls closer to Christ.
- **Have confidence in God:** Our reliance on God in prayer allows us to place situations and people in his hands.
- **Be humble:** We don't come to God with our list of expectations, which he must then fulfill. Interceding for others should lead us to be less self-centered as we consider the needs of others.
- **Pray specifically. Pray boldly:** Share your heart honestly with God. Often, we ask for too little, not too much!

## Practices of Intercessory Prayer

Intercessory prayer can take many different forms. Each time you go to Mass, you can offer it for a particular person or intention. You might consider gathering a group of people together and praying out loud for the needs of others. You could even make little sacrifices, as prayers for people's needs. Here are a few practical ideas to consider:

- Write down people's names and pray for their needs daily.
- Imagine the people you want to pray for or place their pictures somewhere near where you pray. Seeing their faces can motivate you.
- Pray with others in person. Get their permission first, ask them what they need prayers for, and then pray out loud for their needs. Instead of just saying "I'll pray for you," they get to hear your prayer right away in that moment.



- Pray at specific locations. By praying in specific places, you ask for God's blessing upon all who enter there.
- Pray as you plan. Our work should be God's work, first and foremost. Therefore, whenever we begin a task, we should ask for God's guidance and blessing on all we are about to do.
- Consider offering up a fast or penance alongside your prayer for others.