



# INTERCESSORY PRAYER GUIDE

**A COMPREHENSIVE GUIDE  
FOR PRAYING EFFECTIVELY  
FOR OTHERS**



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**STANDING IN THE GAP**

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# INTERCESSORY PRAYER GUIDE

## Introduction

Intercessory prayer is the act of praying on behalf of others—standing in the gap between God and those who need His intervention. When we intercede, we follow Christ's example, who is seated at the right hand of the Father and "is also interceding for us" (Romans 8:34).

This guide offers structured approaches to help you develop and deepen your intercessory prayer life. Whether you're new to intercessory prayer or looking to enhance your existing practice, you'll find scripture foundations, practical techniques, and guided prayer sessions to support your journey.

***"I urge, then, first of all, that petitions, prayers,  
intercession and thanksgiving be made for all people."  
– 1 Timothy 2:1***



# Scriptural Foundations

Intercessory prayer has strong biblical foundations. Here are key scriptures that inform and inspire our practice of praying for others:

## Examples of Intercessors

**Abraham** - Genesis 18:22-33 (Prayed for Sodom)

**Moses** - Exodus 32:11-14 (Prayed for Israel)

**Samuel** - 1 Samuel 12:23 (Committed to pray)

**Daniel** - Daniel 9:3-19 (Confessional prayer)

**Jesus** - John 17 (Prayer for disciples and all believers)

## Commands to Intercede

**Matthew 5:44** - "Pray for those who persecute you"

**Ephesians 6:18** - "Pray in the Spirit on all occasions with all kinds of prayers and requests...always keep on praying for all the Lord's people"

**1 Timothy 2:1-2** - "Pray for all people—for kings and all who are in authority"

**James 5:16** - "Pray for each other so that you may be healed"

When we align our prayers with God's will as revealed in Scripture, we can be confident that He hears us and will answer according to His wisdom and purpose.

*"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."*

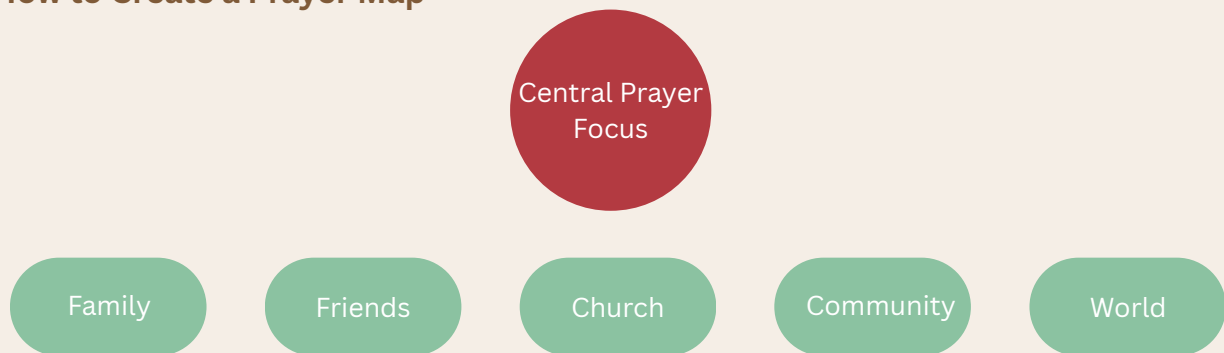
*– 1 John 5:14*



# Mapping Techniques

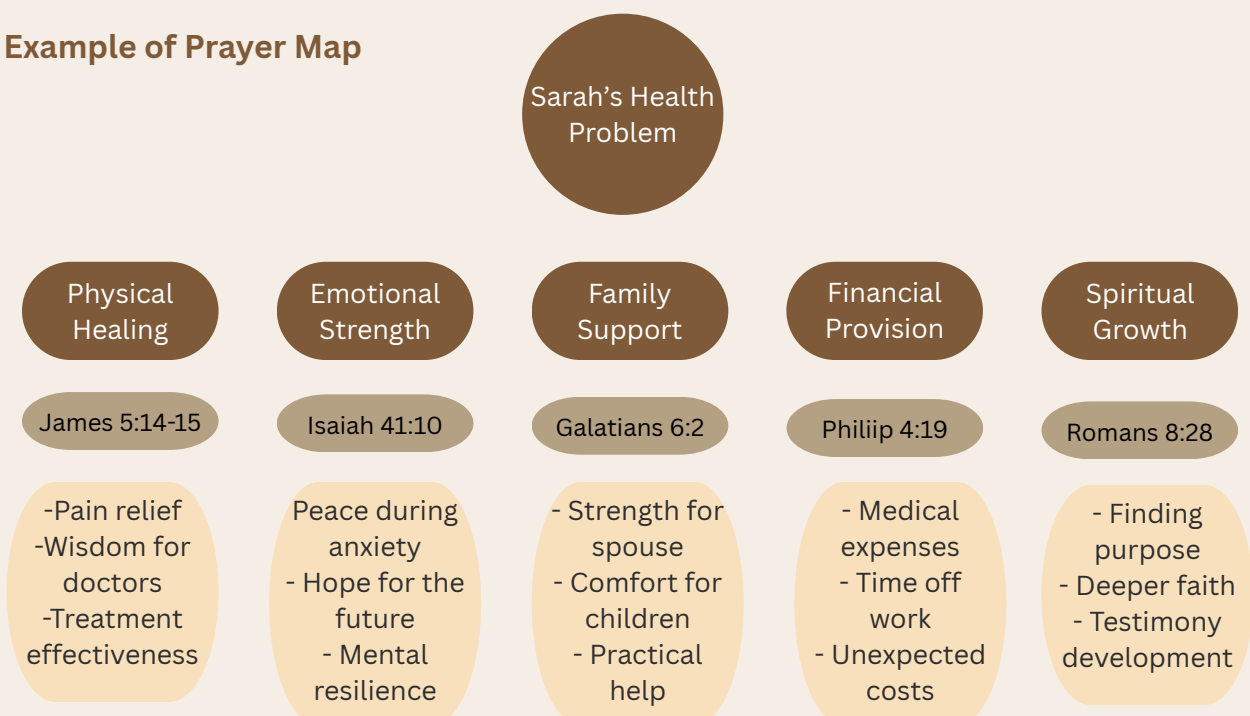
Prayer mapping is a visual method for organizing your thoughts and requests. It helps you focus your prayers and see connections between different prayer needs.

## How to Create a Prayer Map



1. Begin in the centre with your main prayer focus (a person, situation, or theme)
2. Create branches for different aspects of the situation or related needs
3. Add scripture that relates to each branch
4. Note specific requests under each branch
5. Record answers to prayer as they come

## Example of Prayer Map



# Mapping Techniques

## Your Prayer Map Template

Use this space to create your own prayer map:

**Centre:** \_\_\_\_\_

Branch 1: \_\_\_\_\_

Scripture: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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Branch 1: \_\_\_\_\_

Scripture: \_\_\_\_\_

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Branch 1: \_\_\_\_\_

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Branch 1: \_\_\_\_\_

Scripture: \_\_\_\_\_

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# Praying for Family

## Praying for Family

*As for me and my household, we will serve the LORD."*  
– Joshua 24:15

Praying for your family is one of the most important intercessory responsibilities.  
Consider these specific areas when praying for family members:

### For Spouses

- Spiritual growth and leadership
- Protection from temptation
- Wisdom in decisions
- Health and well-being
- Professional endeavours

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*"May the Lord make your love increase and overflow for each other..."*  
– 1 Thessalonians 3:12

### For Children

- Salvation and spiritual understanding
- Protection from harmful influences
- Development of godly character
- Wisdom in friendships
- Future spouses and life direction

*"Train up a child in the way he should go..."*  
– Proverbs 22:6

### For Parents

- Health and longevity
- Financial provision
- Wisdom and peace
- Spiritual legacy
- Joy in their later years

### For Extended family

- Salvation for unsaved relatives
- Healing of relational wounds
- Unity despite differences
- Specific needs and challenges
- Opportunities to share God's love



# Family Prayer Template

## Family Prayer Template

Heavenly Father,

I come before You today to lift up my family. Thank You for the blessing they are in my life.

For my spouse, [name], I pray that You would [specific requests] .....

For my children, [names], I ask that You would [specific requests].....

For my parents, [names], please [specific requests]  
.....

For my extended family members who don't know You, open their hearts to Your truth. For those walking with You, strengthen their faith.

Lord, make our family a testimony to Your grace and love. Bind us together in unity and purpose.

In Jesus' name,  
Amen.



# Praying for Friends

## Praying for Friends

*"A friend loves at all times, and a brother is born for a time of adversity."  
– Proverbs 17:17*

Friendship is a precious gift, and our prayers can strengthen these important bonds. Consider these areas when interceding for friends:

### For Their Spiritual Life

- Growth in their relationship with Christ
- Understanding of God's Word
- Discernment in life choices
- Fruitfulness in ministry
- Victory over specific struggles

### For Their Personal Life

- Emotional well-being
- Physical health
- Sound financial decisions
- Work satisfaction and integrity
- Balance in priorities

## Friends Prayer List

Friend's Name	Prayer Request	Scripture Promise





# Praying for Church

## Praying for Your Church

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."  
– Ephesians 6:18*

The church is Christ's body on earth, called to represent Him to a watching world. Your prayers for your local church and the global church are vital.

### For Church Leadership

- Pastors and their families
- Elders and deacons
- Ministry leaders
- Protection from spiritual attack
- Wisdom in decisions
- Spirit-filled teaching and leadership

### For Church Ministries

- Children and youth programs
- Worship and creative arts
- Small study groups and discipleship
- Outreach and evangelism
- Missions efforts
- Care ministries (benevolence, counselling)

## Global Church Prayer

Remember to pray for the worldwide church, especially those facing persecution:

- **For the Church Globally**
- Churches in restricted or hostile nations
- Underground believers
- Bible translation efforts
- Missionary work in unreached areas
- Unity among believers across denominations
- Revival and spiritual awakening globally



# Praying for Your Community

## Praying for Community

*"Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper."  
– Jeremiah 29:7*

God calls us to be salt and light in our communities. Intercessory prayer for our towns, cities, and neighbourhoods is a powerful way to bring God's kingdom influence.

## Community Prayer Map

Consider creating a prayer map of your community:

1. Draw or print a simple map of your city/neighbourhood
2. Mark key locations with prayer focus areas:
  - Schools - pray for students, teachers, administrators
  - Government buildings - pray for officials and decisions
  - Hospitals - pray for healing and healthcare workers
  - Business districts - pray for economic health and integrity
  - Areas of poverty - pray for resources and transformation
  - Places of worship - pray for spiritual influence
3. Prayer-walk specific areas when possible
4. Invite others to join you in praying for specific sections

### Specific Community Needs

Identify and pray for:

- Local government officials
- First responders (police, firefighters)
- Educators and school systems
- Community organisations serving others
- Specific social issues affecting your area
- Upcoming community events or decisions

### Community Transformation Needs

- Spiritual awakening and revival
- Unity across denominational lines
- Racial reconciliation and harmony
- Economic opportunity for all residents
- Safety and reduction in crime
- Strengthening of families
- Godly influence in schools and businesses



# Community Prayer Template

## Community Prayer Template

Heavenly Father,

I lift up my community of [name of city/town] to You today. Thank You for placing me here to be salt and light.

I pray for our local leaders, especially [names if known], that You would grant them wisdom, integrity, and vision that aligns with Your purposes. Guide their decisions for the good of all people.

For our schools, I pray for safety, excellence in education, and that You would raise up believers among teachers and students who can share Your love.

I pray for the economy of our community, for businesses to prosper with integrity, and for job opportunities for those who need them.

I ask for Your healing presence in our hospitals and care facilities.

Strengthen healthcare workers and bring comfort to the suffering.

Lord, I specifically pray about these local concerns:

May Your kingdom come and Your will be done in [name of community] as it is in heaven.

In Jesus' name,  
Amen.



# Praying for World Needs

## Praying for World Needs

*"Ask me, and I will make the nations your inheritance, the ends of the earth your possession." – Psalm 2:8*

## Global Prayer Strategies

### Geographic Approach

- Pray for one continent each day of the week
- Focus on specific countries within that continent
- Research key prayer needs for those nations
- Rotate through different countries each week

**Monday:** Asia  
**Tuesday:** Africa  
**Wednesday:** Europe  
**Thursday:** North & Central America  
**Friday:** South America  
**Saturday:** Australia/Oceania  
**Sunday:** Middle East

### Issue-Based Approach

#### Pray for global issues affecting millions:

- Religious persecution
- Poverty and hunger
- Human trafficking and slavery
- Refugee crises
- Natural disasters
- Unreached people groups
- Bible translation needs
- Children at risk
- Global health issues
- Conflict zones

### Resources for World Prayer

#### These resources can help inform your global prayers:

- Operation World [book or website]
- Joshua Project [unreached people groups]
- Voice of the Martyrs [persecuted church]
- Mission agency prayer calendars
- Global news sources
- BEAMS - Bible Education & Missionary Service



# Praying for World Needs

## Praying for World Needs Template

*"Ask me, and I will make the nations your inheritance, the ends of the earth your possession." – Psalm 2:8*

Today I am focussing my prayers on [Region/Country]: \_\_\_\_\_

**Key facts about this area:** \_\_\_\_\_

\_\_\_\_\_

### **Specific Needs:**

1. church/Christian Presence:

2. Government/Leadership:

\_\_\_\_\_

\_\_\_\_\_

3. Social Issues:

4. Unreached Groups:

\_\_\_\_\_

\_\_\_\_\_

**Scripture to pray over this area:**

\_\_\_\_\_

*"God loves the world so much that He gave His only Son, that whoever believes in Him shall not perish but have eternal life." – John 3:16*



# Prayer Session Guide

These guided prayer sessions are designed to help you focus your intercessory prayers. Each session includes prayer prompts and scripture to guide your time.

## 15-Minute Intercessory Prayer Session

<b>Minutes 1-2</b> Preparation & Focus	Begin by quieting your heart. Ask God to guide your prayers and remove distractions. <i>"Be still, and know that I am God."</i> <i>Psalms 46:10</i>
<b>Minutes 3-5</b> Family Intercession	Pray for your immediate family members by name, mentioning specific needs.
<b>Minutes 6-8</b> Friend Intercession	Pray for 2-3 friends who have specific needs right now.
<b>Minutes 9-11</b> Church Intercession	Pray for your pastor, church leaders, and specific ministries.
<b>Minutes 12-13</b> Community Intercession	Pray for local concerns and community leaders.
<b>Minutes 14-15</b> World Intercession	Pray for one global concern or mission field.



# Prayer Session Guide

These guided prayer sessions are designed to help you focus your intercessory prayers. Each session includes prayer prompts and scripture to guide your time.

## 30-Minute Intercessory Prayer Session

<b>Preparation (5 minutes)</b>	<ul style="list-style-type: none"><li>• Find a quiet space free from distractions</li><li>• Read Psalm 25:1-5 slowly</li><li>• Surrender your own concerns to focus on others' needs</li><li>• Ask the Holy Spirit to guide your prayers</li></ul>
<b>Family Focus (7 minutes)</b>	<ul style="list-style-type: none"><li>• Pray scripture over each family member</li><li>• Focus on spiritual growth and protection</li><li>• Address specific challenges each person faces</li><li>• Thank God for how He's working in their lives</li></ul>
<b>Extended Circle (7 minutes)</b>	<ul style="list-style-type: none"><li>• Friends with urgent needs</li><li>• Colleagues or neighbours who don't know Christ</li><li>• Church family (leadership and specific ministries)</li></ul>
<b>Broader Impact (8 minutes)</b>	<ul style="list-style-type: none"><li>• Community concerns and local government</li><li>• National issues that affect many lives</li><li>• International focus—persecution, missions, global crises</li></ul>
<b>Closing (3 minutes)</b>	<ul style="list-style-type: none"><li>• Thank God for hearing your prayers</li><li>• Surrender outcomes to His wisdom and timing</li><li>• Express faith in His ability to work beyond what you can see</li><li>• Commit to continued prayer and any actions He has prompted</li></ul>



# Prayer Session Guide

These guided prayer sessions are designed to help you focus your intercessory prayers. Each session includes prayer prompts and scripture to guide your time.

## Scripture-Based Intercessory Prayer

*Using scripture to guide your prayers adds power and alignment with God's will.*

*Here are key verses to pray:*

<b>For Spiritual Growth</b>	"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better." – Ephesians 1:17	Prayer application:
<b>For Protection</b>	"The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore." – Psalm 121:7-8	Prayer application:
<b>For Wisdom &amp; Direction</b>	"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." – James 1:5	Prayer application:
<b>For Healing</b>	"LORD my God, I called to you for help, and you healed me." – Psalm 30:2	Prayer application:





# Prayer Journaling Template

Keeping a prayer journal helps you track God's faithfulness and maintain consistency in intercessory prayer. Use these templates to organise your prayers and record answers.

## Daily Intercessory Prayer Journal Template

Date: \_\_\_\_\_

Scripture for today: \_\_\_\_\_

Family: \_\_\_\_\_

Friends Prayers: \_\_\_\_\_

Church & Community Prayers: \_\_\_\_\_

Insights During Prayer: \_\_\_\_\_

## Intercessory Prayer Tracking Chart

Name	Pray For	Date Started	Updates	Answer Received



# Answered Prayer Record

## Answered Prayer Record

Documenting answered prayers builds faith and reminds us of God's faithfulness.

Date: \_\_\_\_\_

Original Prayer Request : \_\_\_\_\_

Date First Prayed : \_\_\_\_\_

How God Answered : \_\_\_\_\_

\_\_\_\_\_

Scripture that encouraged me during this time : \_\_\_\_\_

What I Have learned about God in this answer : \_\_\_\_\_

\_\_\_\_\_



# Growing in Your Intercessory Prayer Life

Intercessory prayer is both a privilege and a responsibility. As you practice the approaches in this guide, remember:

- Start small and build consistency before expanding your prayer focus
- Let scripture shape your prayers to align with God's will
- Be specific in your requests so you can recognise specific answers
- Record answers to prayer to build your faith and encourage others
- Pray with others when possible—there is power in agreement
- Balance your prayers to include thanksgiving, not just requests
- Persevere in prayer—some answers require persistent intercession

*"Ask me, and I will make the nations your inheritance, the ends of the earth your possession."— Psalm 2:8*

As you grow in intercession, you partner with God in His work in the lives of others. Your prayers make a difference!



POMEGRANATE  
DIGITAL DESIGN

