



# IN JESUS' NAME

## The Joy of Intercession

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**Focus** Intercession is the act of bringing two sides together. Jesus and the Holy Spirit intercede for us. We are to pray the prayer of intercession, helping to bring God's will to the earth.

**Open** Where in the world would you most like to visit, and why?

**Read** Romans 8:34 says that Jesus is always at the right hand of the Father, making intercession for us. This doesn't mean that He is constantly praying. Intercession is not a prayer, but an action. To intercede literally means to bring two sides together. Jesus did the work of intercession on the cross, building a bridge so that sinful humanity could be reconciled with a holy God. Jesus is always interceding, bringing together heaven and earth.

Romans 8:26–27 says that the Holy Spirit helps us and makes intercession for us according to the will of God. In this verse, the word “helps” means to come together and mutually bear a burden. When we are burdened, the Holy Spirit wants to join forces with us and help us carry the burden to the Lord through prayer. We can't live a vibrant Christian life without the Holy Spirit because He is our Helper. He knows God's will, and is trying to bring our will and God's will together.

We don't do the *work* of intercession, but we can pray the *prayer* of intercession (1 Timothy 2:1). We are the conduits for the will of God to get to earth. When we intercede for someone, we first “take hold” of God by thanking Him, praising Him and declaring His word. Then we “take hold” of the person that we're interceding for and bring them before God. Since Jesus has and lives to always make intercession for us, and the Holy Spirit is interceding for us and helping us to intercede, we need to be interceding for others. We are to be intercessors, bringing heaven to earth.

## Talk

1. What is usually the first thing that comes to mind when you hear the word “intercession”?
2. Read Romans 8:34, Hebrews 7:25 and Isaiah 53:12. What do these verses tell us about the intercession of Jesus?
3. Read Romans 8:26–27. Specifically, how does the Holy Spirit help us? How do we cooperate with Him?
4. The Bible describes us as sheep. Sheep are not designed to be burden-bearing animals. The Holy Spirit wants to join forces with you to help you bear the weight of your burden and transfer it to the Lord through prayer. Do you tend to act like a “pack sheep,” or do you allow the Holy Spirit to share the weight of your burdens? How do you respond when you realize that He *wants* to share the weight and help you bring the burden to God?
5. Only Jesus can do the *work* of intercession. We pray the *prayer* of intercession. How does this distinction affect your understanding of or approach to prayer?

## Live

1. Many people tell stories about a friend or family member who consistently prayed for them. Do you know of someone who has regularly interceded for you? How have their prayers impacted your life?
2. Who is God asking you to intercede for?
3. What is burdening you? What does the Holy Spirit want to help you bring to the Lord in prayer today?

## Pray

In groups of two or three, thank Jesus for making intercession for you. Thank the Holy Spirit for interceding for you and helping to bring you to the will of God. Ask the Holy Spirit to help you as you pray and bring your burdens to the Lord. Pray for the person that the Lord has impressed upon your heart, and ask that God’s will be done in their lives. Thank Him for His goodness.