

Trinity Church San Diego

How to Series

Prayer and Intercession

I. Introduction

A. Jesus expected his disciples to pray

Matt 6:5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. **6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him. NIV

1. He commanded it

18:1 Then Jesus told them a parable to show them they should always pray and not lose heart.

2. He modeled it

Luke 5:16 But Jesus often withdrew to lonely places and prayed. NIV

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

B. James, the Lord's brother also gives us instructions.

James 5:13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

II. Six categories of prayer mention in the Apostle Paul's instructions on prayer.

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (NIV)

1 Timothy 2:1 Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, NKJV

A. Prayer - Is the general term for all the following.

B. Petition - is a request to a sovereign to take some action.

1. In other words - glorification, confession, thanksgiving are all forms of prayer but not petitions.

- C. Supplication - supplication comes from the Latin verb "supplicare," which means "to plead humbly."
- D. Intercession - Intercession involves a standing in the gap, an intervention, a stepping in on somebody else's behalf through prayer.
- E. Thanksgiving - All our prayers should be filled with gratitude!
- F. Adoration - Expressing our love for God as we delight in his attributes

III. Prayer patterns

- A. ACTS: Adoration - Confession - Thanksgiving - Supplication
- B. The Hour that Changes the World

Matthew 26:40 When he returned to his disciples and found them sleeping, he asked them: 'Could you men not keep watch with me for one hour?'

1. Praise and worship
2. Waiting on the Lord
3. Confession
4. Praying scripture
5. Watching
6. Intercession
7. Petitions
8. Thanksgiving
9. Song
10. Meditation
11. Listening
12. Praise

C. The Lord's prayer:

1. Praise and adoration

Matt 6:9 Our Father in heaven, Hallowed be Your name.

2. Petition

¹⁰ Your kingdom come. Your will be done. On earth as *it is* in heaven.

3. Supplication

¹¹ Give us this day our daily bread.

4. Confession and repentance

¹² And forgive us our debts, as we forgive our debtors.

5. Supplication:

¹³ And do not lead us into temptation but deliver us from the evil one.

6. Glorification

For Yours is the kingdom and the power and the glory forever. Amen.

D. Praying scripture - Jesus, Paul, Prophets, Psalmist, etc.

IV. Understanding intercession from Aaron the great intercessor

Numbers 16:44 And the Lord spoke to Moses, saying, ⁴⁵ “Get away from among this congregation, that I may consume them in a moment.” And they fell on their faces. ⁴⁶ So Moses said to Aaron, “Take a censer and put fire in it from the altar, put incense on it, and take it quickly to the congregation and make atonement for them; for wrath has gone out from the Lord. The plague has begun.” ⁴⁷ Then

Aaron took it as Moses commanded, and ran into the midst of the assembly; and already the plague had begun among the people. So, he put in the incense and made atonement for the people. 48 And he stood between the dead and the living; so, the plague was stopped.

A. Old Testament Examples can give us patterns of practice.

Romans 15:4 For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

B. God's instruction for the priest - In new testament - God calls us a nation of priests (1 Peter 2:9) - so we can learn something from Aaron, the high priest's example.

Lev 16:12 Then he shall take a censer full of burning coals of fire from the altar before the Lord, with his hands full of sweet incense beaten fine, and bring it inside the veil. 13 And he shall put the incense on the fire before the Lord, that the cloud of incense may cover the mercy seat that is on the Testimony, lest he die.

C. Elements of Intercession

1. The Censer: That which holds the incense

Lev 16:12 Then he shall take a censer

a. Made from Gold

2 Chron 4:22the trimmers, the bowls, the ladles, and the censers of *pure gold*.

b. Gold speaks of the purity of the censer - the vessel - We hold the incense - we must be pure too.

Rev 3:18 I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see.

Proverbs 28:9 He who turns away his ear from hearing the law, even his prayer is repulsive”

Psalm 66:18 If I regard iniquity in my heart, the Lord will not hear me: KJV

Psalm 66:18 He would not have listened if I had not confessed my sins. Living Bible

Psalm 66:18 If I had cherished sin in my heart, the Lord would not have listened; NIV

Psalm 66:18 Yet if I had closed my eyes to my sin, the Lord God would have closed his ears to my prayer. TPT

2. Incense: The raw material of the prayer.

Lev 16:12...with his hands full of **sweet incense** beaten fine..

**a. Incense is symbolic of the prayers of the saints
(Revelation 5:8; 8:3-4)**

Psalm 141:2 Let my prayer be set forth as incense before you.

b. Speaks of an attitude of humility beaten fine or small -
humility - (Matt 18:9-14)

c. Testing -

3. Coals of fire

Lev 16:12.... censer full of burning coals of **fire**

a. Fire - It speaks of fervency -

James 5:13 Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, **fervent prayer** of a righteous man avails much. ¹⁷ Elijah was a man with a nature like ours, and he **prayed earnestly** that it would not rain; and it did not rain on the land for three years and six months. ¹⁸ And he prayed again, and the heaven gave rain, and the earth produced its fruit.

Matthew 3:11 “I baptize you with water for repentance. But after me comes one who is more powerful than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

b. Example of Hannah - Pouring out her soul

1 Sam 1:15 But Hannah answered and said, “No, my lord, I am a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink but have **poured out my soul** before the Lord.

Hebrews 5:7 During the days of Jesus’ life on earth, he offered up prayers and petitions with **fervent cries** and tears to the one who could save him from death, and he was heard because of his reverent submission. NIV

c. Travailing prayer

Galatians 4:19 My little children, of whom I **travail in birth** again until Christ be formed in you.

Isaiah 66:8 Who hath heard such a thing? who hath seen such things? Shall the earth be made to bring forth in one day? or shall a nation be born at once? for as soon as Zion **travailed**, she brought forth her children.

Romans 8:26-27 Likewise the Spirit also helps our infirmities: for we know not what we should pray for as we ought: but the Spirit itself makes intercession for us with groanings which cannot be uttered. And he that searches the hearts knows what is the mind of the Spirit, because he makes intercession for the saints according to the will of God.

d. Persistent prayer

i. The unjust judge example.

Luke 18: 4 For a while he (*the judge*) refused, but later on he said to himself, 'Though I neither fear God nor have regard for people, 5 yet because this widow keeps on bothering me, I will give her justice, or in the end she will wear me out by her unending pleas.'" 6 And the Lord said, "Listen to what the unrighteous judge says! 7 Won't God give justice to his chosen ones, who cry out to him day and night? Will he delay long to help them? 8 I tell you, he will give them justice speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?" NET

ii. The persistent friend

Luke 11:8 I tell you, even though the man inside[w] will not get up and give him anything because he is his friend, yet because of the first man's sheer persistence he will get up and give him whatever he needs.

iii. Example of Cornelius

Act 10: 4 Cornelius stared at him in fear and asked, "What is it, Lord?" The angel answered, "Your prayers and gifts to the poor have ascended as a memorial offering before God. 5 Now send men to Joppa to call for a man named Simon who is called Peter. 6He is staying with Simon the tanner, whose house is by the sea.