



INTERCESSORY

PRAYING

PRAYING
GUIDEBOOK

HMCC

FIRST EDITION (2020)

BOOKLET CONTENT

- INTRODUCTION
- PRAYER FRAMEWORK
- PRAYER METHODS

Introduction

INTERCESSORY

Speak on behalf of others

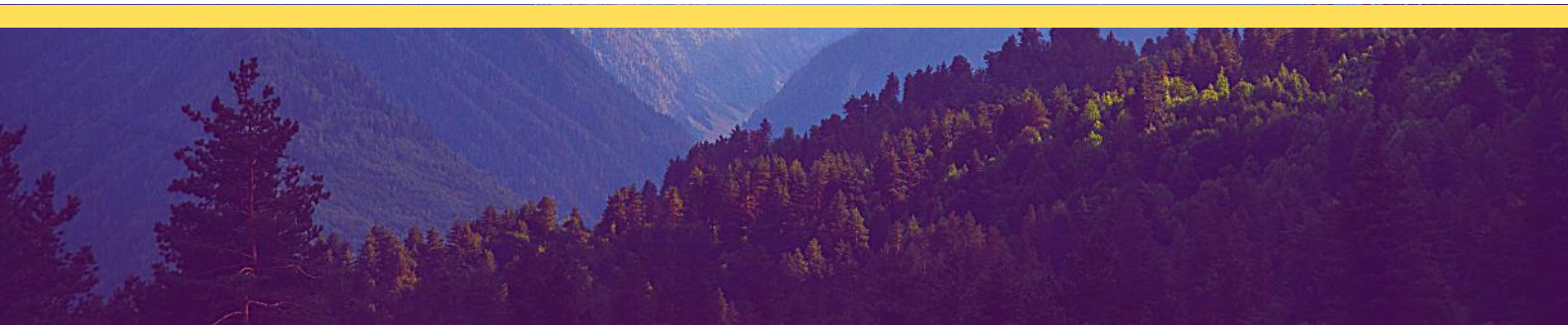
PRAYER

Communicate intimately
with God

This is a guide for HMCC church members to understand and learn more on the purpose of praying and its practicality in our Christian walk with God created by the IPT (Intercessory Prayer Team). IPT is a ministry team whose aim is to pray for our church and build a praying culture for our church. We believe in the power of prayer and want to bless the church through prayer. This guide aims to equip prayer warriors in the church to intercede for others and encourage others to develop a heart after His own heart.

According to Cambridge Dictionary, the word “intercede” means “to use your influence to persuade someone in authority to forgive another person, or save this person from punishment.” In the biblical context, Christ intercedes on our behalf between us and God, and gives us the role of a royal priesthood (1 Peter 2:9) so we can intercede on behalf of others.

Let us build a culture of prayer warriors in HMCC together. This guidebook illustrates different kinds of prayer frameworks and praying methods.



prayer

FRAMEWORKS

PRAISE

Thank God out of gratefulness and knowing God's heart

REPENTANCE

Realize different ways that we sinned against from God

ASKING

Ask God for help, support, strength, provision, etc

YIELD

Listen to God and acknowledge His ways



ADORATION

Focus on our relationship with God and who He is

CONFESSION

Confess to God our weaknesses, mistakes or shortcomings

THANKSGIVING

Thank God for what He has done

SUPPLICATION

Ask God for help and provision

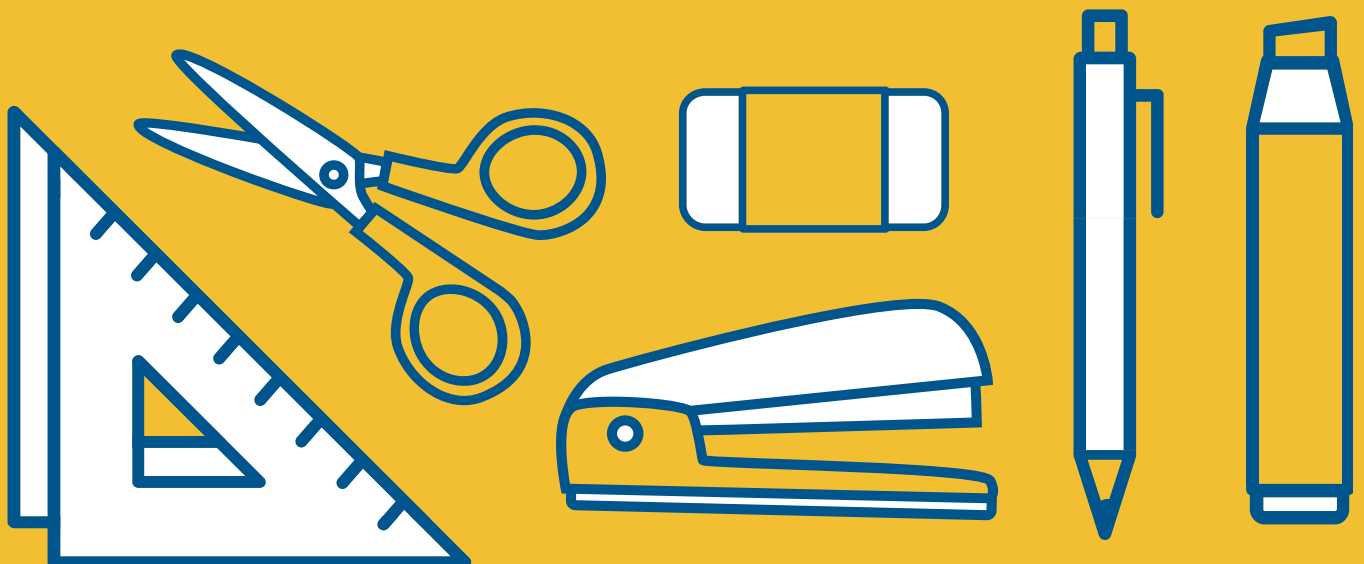
PRAYER METHODS

There are different forms of prayer and different methods to help us pray. We can pray alone, for someone else, or in a group. Even when we pray in a group, there are different methods. Here are some examples:

1. The Lord's Prayer (Matthew 6:5-15)
2. WEFIE
3. Popcorn
4. Prayer Walk
5. Walking Prayer
6. Lifting Up Prayer Topics
7. Praying in One Voice
8. Praying in A Group
9. Praying through the Bible (e.g. over verses)
10. "WOW YES NOW" Prayer Campaign

How to decide which method is the best?

1. Be aware and act according to the situation eg. praying alone versus praying together
2. Learn to discern and listen to God
3. Switch it up and be creative!



THE LORD'S PRAYER

We can use The Lord's Prayer as pattern/framework. Although Jesus used this as an example to show His disciples how to pray, it doesn't mean we must repeat this prayer word for word. But we can learn on how to pray by understanding the different points of emphasis.

Jesus focuses on God instead of Himself.

Reminding us that God's will is most important

- Seek His Kingdom first
- Proclaim His Goodness as it is in heaven



"Our Father in heaven,
hallowed be your name.

Your kingdom come, your will be done,
on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.

And lead us not into temptation,
but deliver us from evil.

Jesus opens by acknowledging God and Humbling Himself

- Father = personal God
- In Heaven = we are placing Him in authority above us

Jesus continues by asking for necessities

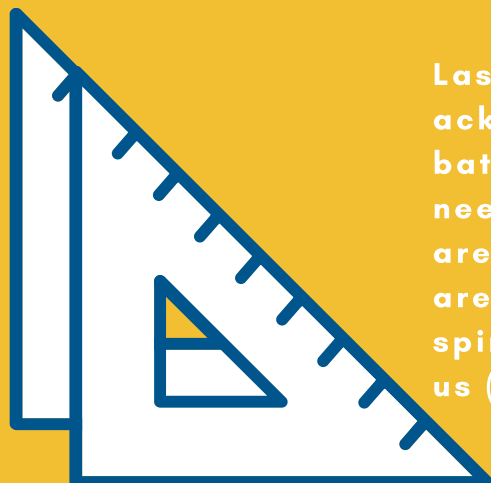
- Daily bread = just what we need, nothing more and nothing less



MATTHEW 6:9-13

Jesus teaches to forgive people. There are two ways unforgiveness affects us:

1. When you can't forgive someone, you won't want to pray
2. If you can't reconcile with someone, it affects your relationship with God.



Lastly Jesus acknowledged spiritual battle. This means we need to admit who we are, what our tendencies are and that there is a spiritual battle around us (Ephesians 6)

W E F I E

Praying in groups

WAIT upon the Spirit 

As one group and listen to the Spirit for one minute

EXPRESS personal prayers 

Decide an order first and pray for the previous person before expressing personal prayers

FOLLOW-UP with prayers 

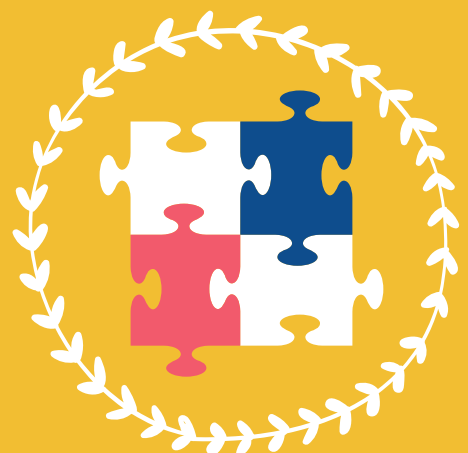
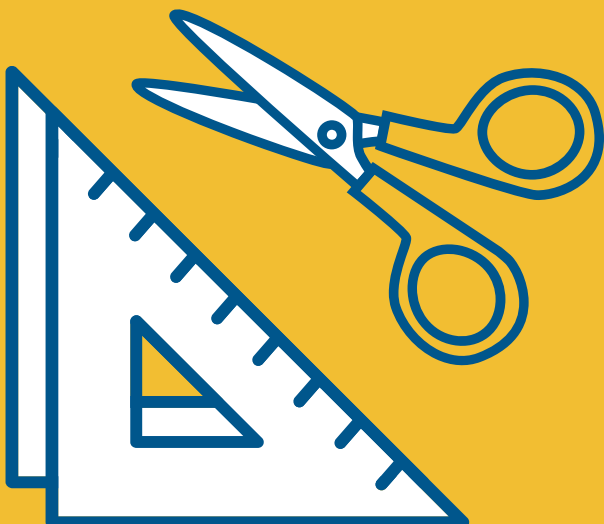
Done by the next person

I NTERCEDE for other requests 

Once everyone is covered

ENCOURAGE with God's promises

Allow time to close out (with one person)



'T IS THE TIME TO

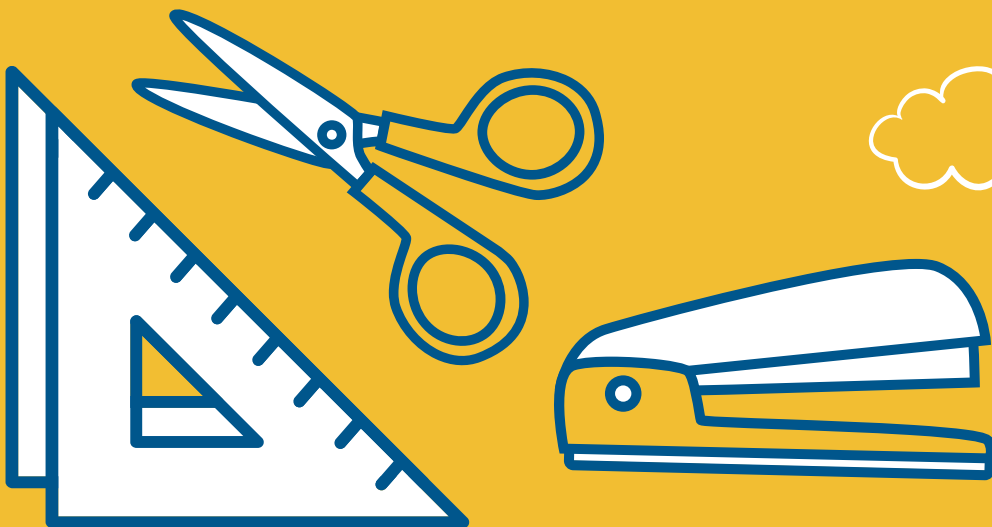
POP CORN

Definition: Praying in no particular order where each person can pray multiple if they feel prompted to.

**At random
without
any order.
Listen to
the Spirit!**



**Anyone can
"pop" a
prayer after
someone
else prayed.
Keep the
prayers
short!**



PRAYER WALK

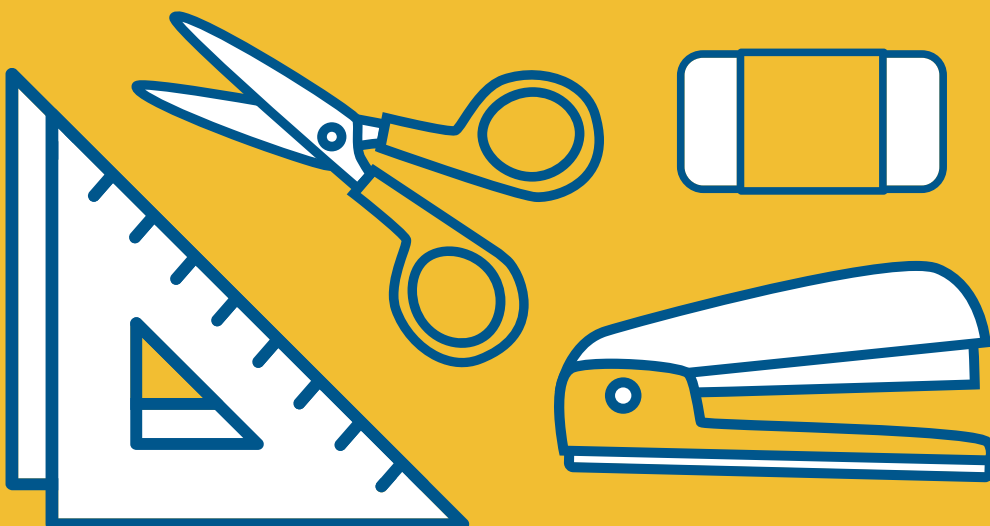
Prayer walk is a missional activity you can do to get to know a certain place's surroundings and people.

For example, as a pair, you could do a prayer walk around a campus. As you walk around this campus, try noticing the different buildings and community areas. You might feel moved to pray for the Economics or Arts department. You may also acknowledge the students who are walking to class and lift up a prayer for them. Sometimes, you may be moved by the Holy Spirit to talk to certain people. Talking, praying or simply listening to them is an awesome way to spread the love of God!



WALKING PRAYER

Walking prayer is a personal way of communicating with God. For example, as you take a break from work, you may go downstairs for a walk. During this walk, you can try lifting up prayers to God and see what messages he is placing on your heart.



LIFTING UP PRAYER TOPICS

The purpose of listing prayer topics is to give a direction in regards to what a believer feels like the Spirit is pushing them to pray about. People can lift up prayer topics both alone and within groups. Prayer topics can be for yourself or for others. When we lift up prayers in regards to other people, groups, or masses, we are interceding for them because we are praying in their behalf and on their behalf.

PRAYING THROUGH THE BIBLE

"But his delight is in the law of the Lord, and on his law he meditates day and night."
Psalm 1:2 ESV

Many passages in the Bible contain the prayer of godly people in different situations (especially Psalms). To pray through a Bible passage, it is important to:

- Read a few verses or the passage and understand the context of these prayers
- Meditate (to think and ponder) the verses
- Insert real life situations and examples that relate to the verses you just read as your pray

MORE WAYS TO

pray

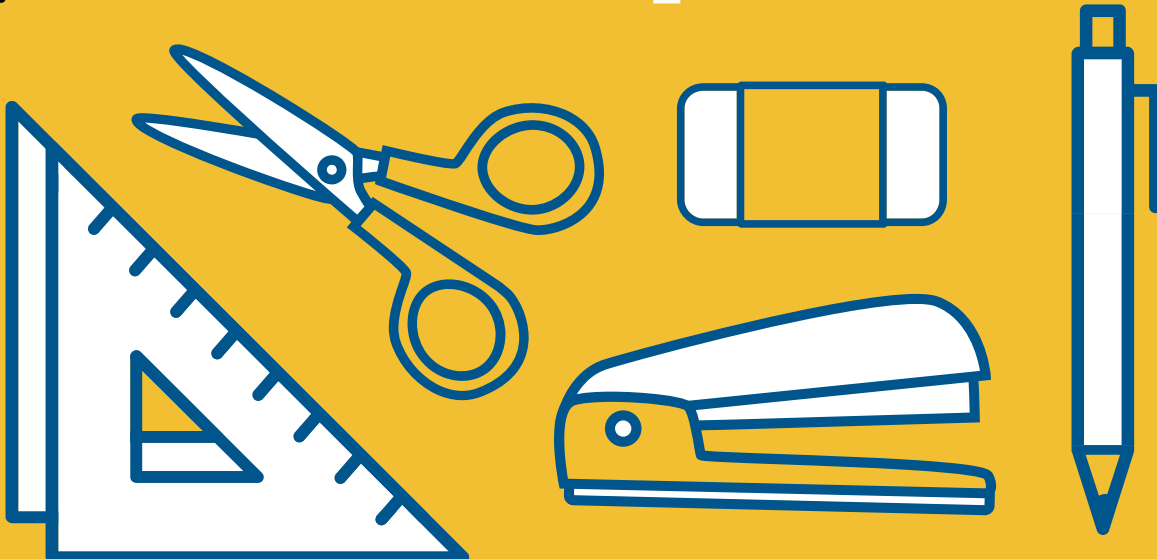
PRAYING TOGETHER

"For where two or three are gathered in my name, there am I among them."
Matthew 18:20 ESV

It is written that when we gather and pray as a group, God will be among us. As you pray in a group setting you could either pray for the same topic or by interceding for one another. Whatever the direction or purpose is, we are ultimately in union with each other as the body of Christ, surrendering ourselves to His will as we pray in His Name.

PRAYING IN ONE VOICE

Praying in one voice is when we pray together, in a group setting, audibly and at the same time. A benefit to this is people create an environment where everyone feels comfortable praying to God. It also keeps us from dozing off!



"WOW YES NOW"

Prayer Campaign

WOW - MORNING

Worship - Worship Him for who He is. Thank God for waking us up to welcome another day and for His goodness in our lives.

Opportunities - Opportunities to proclaim who He is. Pray for opportunities for us to share the Gospel with someone during our day.

Witness - Help me to be a good witness of who You are.

YES - AFTERNOON

Yield - Help me to be surrendered to You, Lord.

Exemplify - Help me to be a good example of the love of Christ to people around me.

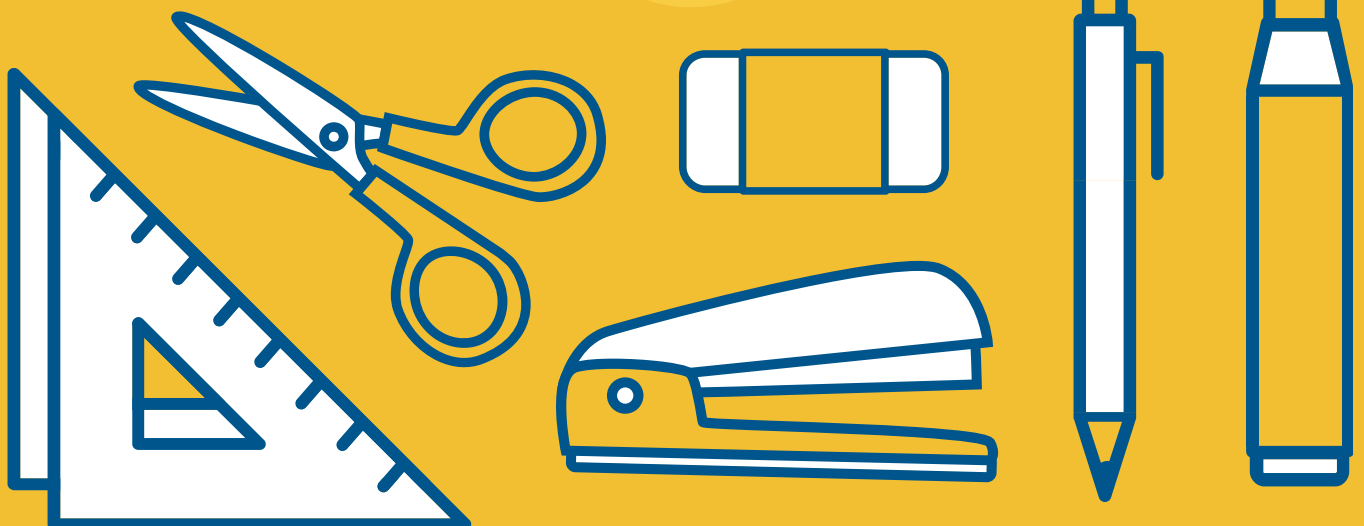
Strength - Give me strength to press on for the rest of my day.

NOW - NIGHT

Neighbor - Pray for people who are in need around me

Outlook - Trust in God and not in what we do

Worship - Worship Him for who He is and thank Him for carrying us through another day.



BROUGHT TO
YOU BY

INTERCESSORY

H M C C

PRAYER TEAM