



Day 5 | Live It | Intercessory Prayer

In today's One Percent Prayer, Pete invites you to grow in love for God and others by praying for others and their specific needs.

Prayer for the needs of others is known as intercessory prayer or prayer of intercession. The Catechism of the Catholic Church says that intercessory prayer is the form of prayer that leads us to pray as Jesus did, as he always lives to intercede for all of us with the Father (2634). That means, taking time to offer prayers of intercession is one way that we grow in the ability to love the way Jesus loves.

- Ask Jesus to help you think of 4-5 specific people that you can pray for in this time.
- Ask him to help you reflect on what challenges and struggles they are facing and how he may be inviting you to pray for them.
- Take a few minutes to pray for each of them by name in your own words.
- Ask Jesus to bless them and provide for their needs.
- One simple way to include Intercessory Prayer in your day is to take a few moments to pray for others before meals. Or, you might decide that every time you sit down to enjoy a fresh beverage, before your first sip, you pray for someone else.

"Prayer of intercession consists in asking on behalf of another. It knows no boundaries"
~ *Catechism of the Catholic Church, 2647*

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." ~*Philippians 4:6-7*