# Sacred Intercession

Prayer Journal • John 15:5

"I am the vine, you are the branches."

By Julianna Rudnick

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cf. is an abbreviation for the Latin verb conferre, literally meaning "bring together." Its reference in this work reflects the bringing together of sacred scripture with other words to form the scripture prayer.

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#### INTRODUCTION

## Welcome to a year-long journey of faith, prayer and intercession!

Do you hunger and thirst for a **deeper relationship** with our Heavenly Father, Jesus and the Holy Spirit? A relationship with the Creator who has formed you and knows you? ... An intimate relationship that will set your faith and prayer life on fire and fill you with the desire to serve Him?

Our relationship with God is a life-long journey of faith and will forever change, grow and deepen with each passing day, week and year. The *Sacred Intercession Prayer Journal* is designed to deepen your personal journey of faith and prayer in 2015, as well as help you realize the power of your prayers of intercession, where you have been during the course of your journey and how and where God would like you to serve Him.

With the use of Scripture, this journal is **designed to bring life and God's love**, **words and reality** into your prayers and faith journey. It will feed and nourish your soul over the course of the year – but that's not all! It is a journal chock-full of dates, actions, goals, lists and ready-to-use prayers. While it is designed to lead you into times of quiet and prayer, it will also beckon to be filled with your prayer requests, thoughts and reflections, personal writings, favorite scripture verses or sayings – even scrapbook-style photos and memorabilia and other odds and ends. The journal's versatility and flexibility make it well-suited for the beginner and seasoned prayer warrior and "journaler" alike!

Have you ever told someone "I will pray for you," and then shoot up an arrow prayer and never really think about that person's need again? Could you use readily available prayers that would encourage you to pray? Have you ever wished for one convenient place where you could record the names and prayer requests of family members, friends and even strangers and write down how God answered each request?

The Sacred Intercession Prayer Journal is a **prayer warrior's journal that is meant to be filled with names, concerns and desires**. It's a tool to help make prayer the foundation of your daily life and a tangible reality in the midst of the busyness of life. It combines easy-to-use scriptural prayers with space to record daily prayer intentions and – best of all – answered prayers! It will assist you in praying for others as you grow more in love with Jesus. It will encourage you to make prayer and intercession an active part of your daily life and spiritual growth.

Many discoveries take place along the journey of faith. One great discovery for me has been the power of praying God's Word for my family and friends. Feeling His Word rise up within me as I pray for the needs of those I love has been a remarkable discovery, as well as experiencing the magnitude of His Love. His Word has not only deepened my faith, but has also given me the confidence, trust, and knowledge that my heart and spirit are united with Jesus when I pray.

Thank you for joining me on the journey of faith and intercessory prayer this year. It is my prayer that the *Sacred Intercession Prayer Journal* ignites your faith and prayer life and illuminates the path of your spiritual journey.

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### LIVING A LIFE OF INTERCESSION

#### What does it mean to live an interceding life?

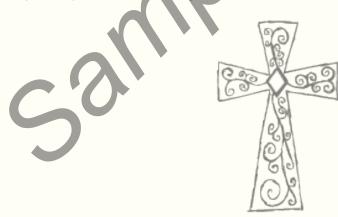
It means to live a life of faith powered by prayer! It means to live a life empowered by the Holy Spirit. It means to persevere in prayer and to pray unceasingly in all circumstances.

An interceding life has prayer as its anchor. The fruit of prayer is a beautiful, intimate relationship with our Creator, His Son and His Spirit that is always in union with Him. It's a life that encounters the Trinity in a very personal way. It is a life of surrender and trust. It is a life lived in the awareness and presence of God, acknowledging His love for all creation and allowing His love to consume our hearts in such a way that we will be empowered to bring God's words, love and reality to all those around us. It's living our faith with a servant's heart and being a servant in prayer. It's living our faith in a tangible way that enables others to see, witness and encounter Jesus through us!

An interceding life is rooted in Jesus Christ. *I am the vine, you are the branches* (John 15:5). It's a life dedicated and to being a "branch" – an extension of Jesus to others. It's a life that "abides in Him," is one with Him and has the mind of Him. Scripture tells us that if we remain in Him, we will be cast out as a branch that will bear fruit – and it will be much fruit! Living a life of intercession means bearing the fruits of a prayerful life and extending those fruits to everyone we encounter and for whom Jesus has put on our hearts.

When you have accepted His invitation to live an interceding life, you become a prayer warrior. And as a prayer warrior, you take on the "mission and work" of prayer. You become His servant in prayer – available to labor in His vineyard and stand in the gap for those in need of God's love, compassion and healing grace in their lives. It is a life that develops and encounters intimacy with our Creator and is willing and able to reach "beyond the veil" to the "Holy of Holies" with humility, trust, confidence and the simplicity of prayer.

Are you ready to live an interceding life?



## PRAYER IS VITAL FOR YOUR JOURNEY AND IN LIFE

## Prayer is a personal response to God's Presence and our acknowledgment of who He is.

He is always present to all He has created, but we must first grow in awareness and turn our hearts toward Him. God is love and His first desire is to be known, so that He can make His unending, all-consuming love known to us. The act of prayer is the opening of ourselves to allow God to communicate with us and for Him to be effective in us. Prayer, therefore, is an essential element of the spiritual journey. It is through our prayer life that we grow in faith and in the desire and strength to love and help others - making it vital for our own life, as well as those for whom we pray! As we grow in faith and walk the journey with Him, prayer becomes the foundation of our lives. It is how we welcome His Presence, hear Him, speak to Him and rest in Him.

Do you believe that your prayers have the power to change the course of lives? They certainly do! When we offer prayer each day and throughout the day, we are using our God-given gifts of compassion, kindness and love for others. Through prayer, we are sharing our faith, evangelizing and, most importantly, offering God's people His abundant blessings, healing and love. Our prayers are essentially a gift that will change lives!

No matter if the need is big or small, our Lord invites us to **bring all our needs to Him**. However, we must **believe that He hears us**. Therefore, faith plays a powerful role in prayer. When we come to Jesus in prayer, we must believe that He is ready to reward our faith.

Without faith, it is impossible to please God; for anyone who approaches God must believe that He exists and that He rewards those who seek Him

Hebrews 11:6

It can be especially powerful to **pray as a group and "soak" individuals in prayer** throughout the day. For where two or three are gathered together in my name, there am I in the midst of them (Matthew 18: 20). Several years ago, my Friday evening prayer group began sharing prayer intentions with one another, and we committed to soak individuals in prayer on an assigned day. It was very reassuring and comforting to know that we were united in prayer; and that throughout the day, the intentions of loved ones were truly being soaked in loving prayer. Our group developed a new and deeper bond with one another by sharing our concerns, needs and lives. At the same time, we each found that our own personal relationship with Jesus was becoming richer and deeper. We also began incorporating scriptural prayers into our own individual prayer styles. To help us along, I created prayer journals out of engagement calendars and added scriptural prayers. The journal you are now holding is an evolution and result of this effort. Praise you, Jesus, for your inspiration and guidance!

#### PRAYING GOD'S WORD

## Using the Sword of the Spirit - the Power of God's Word

Praying the Word of God is the cool part. The Sword of the Spirit – which is Sacred Scripture – is truth that brings healing and wholeness to those for whom we are praying. I love reading the Word of God and discovering the treasures that lie within it. I especially love when my heart connects with His Word, and I am inspired to pray His Word. Every verse is a source of inspiration and action for me.

Do you believe that His Word is living and active? Praying scripture is incredibly powerful when it is done in complete faith and in the power of the Holy Spirit. God's Word IS living, trustworthy, sure and steadfast; and it has the power to unlock the closed doors of our hearts and bind up our wounds. When you pray His Word, you are praying in agreement with Him and His promises for your life.

... so is My Word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

Isaiah 55:11 NIV

Intercession involves very deep, very personal prayer. As stated earlier, the Holy Spirit is the power source within these prayers. He is our greatest prayer partner! Invite Him to guide and lead you in praying God's Word ... pray in the Spirit on all occasions with all kinds of prayers and requests (Ephesians 6:17).

The Holy Spirit will use God's Word and put it into action when you pray His promises. He sends forth His commandment to the earth; His Word runs very swiftly (Psalm 147:15). When you pray God's Word, you are joining with Him and the Holy Spirit to destroy the works of Satan and push back the darkness. God's Word has the power to intercept Satan's plan, causing a change to take place so that God's plan is fulfilled. This is the work we are doing as intercessors and as we use God's Word in prayer. Paul tells us that: Abraham was absolutely convinced that God was able to do anything He promised (Romans 4:20). May we also be absolutely convinced that God will move mountains in response to our prayers.

An **effective way to pray scripture** is to speak it out loud. Just as God "spoke" the heavens and the earth into existence, speaking God's Word brings His truth and promises into existence on behalf of the people for whom you are praying. As you speak, His Word is released. Not only does the Holy Spirit activate His Word, but the angels will also "**do** His Word." Psalm 103:20 says: *Bless the Lord, you His angels, mighty in strength, who perform His Word, obeying the voice of His Word.* How amazing it is to know that His angels wait to carry out His Word, making it do what He has called it to do!

Do not hesitate to speak His Word boldly. Pray out loud! Pray God's promises in scripture with boldness and confidence! Ask the Holy Spirit to release the power of God's Word upon souls. When you do, blessings upon blessings will be poured out upon those for whom you are praying.

## WAYS TO USE YOUR JOURNAL

#### Personal Reflections and Journaling

Beginning with page 119, the journal offers a variety of pages that will help you reflect on where you are on the journey and where Jesus is calling you to be. What are your gifts? What is your cross? What is your mission? How will you use your gifts in your mission? Who are you in God's eyes? These meditative questions will help move your faith forward and outward. Reflect upon them and ask the Holy Spirit to reveal answers to you. Use the journal pages provided to record answers and thoughts.

#### Ask Jesus to be Lord of Your Life

What does it mean to ask Jesus to be Lord of Your Life? It most often means a total surrender that comes with the decision to turn away from sin and look toward Jesus instead. It means a decision to accept His invitation to "come and see" who He is and what He can do in and through you. Journal on page 120 about the "rooms" of your house that you have given over to Jesus and those you have not yet allowed Him to enter. Look at everything in your life – your finances, your work, your relationships, your marriage, your parenting, your sorrows, your emotions. Yes, **everything**. With surrender comes no worry! With surrender comes trust and peace!

#### Choose a Word for the Year

Choosing a word for the year is a good way to establish a theme or focus for your prayers. In past years, I've chosen such words as trust, listen, deeper and righteousness to help me focus my prayer life and grow in faith. Others have selected thirst, hunger, discipline, journey and joy. Consider where you are today in your journey and where you want to be. Ask the Holy Spirit to reveal to you a focus or theme for this year. Then (beginning with page 122), use the theme as a point of journaling throughout the year and be sure to look and listen – especially as you read scripture. You will be amazed at the ways and places Jesus will provide new meaning and speak to you about this word.

#### A Personal Life Verse

Do you have a scripture verse that just resonates so deeply with your spirit that it becomes an anchor for your life, journey and/or purpose? This can be referred to as a "life verse." Similar to choosing a Word for the Year, a life verse is one that defines your journey ... motivates, encourages and strengthens you during the current season of your journey. And it can be more than one verse. As for me, I have two life verses ... Philippians 4:13 and Ephesians 3:16-19, both of which speak to having the strength of Christ in all that I do. These are the verses that have defined my journey over the last 15 years. Beginning on page 124, record and journal about your personal life verse(s) throughout the coming year. If you do not have one, pray and ask the Holy Spirit to reveal this to you as you read the Word of God.

#### **Consider Your Mission and Gifts**

Reflecting on your mission and gifts is another powerful prayer aid (pages 128-133). As a servant – a laborer in His vineyard – you are called to live and bring God's love, words and reality out into the world; and you are to do so using the gifts and talents He has given you. Your life has a purpose and a meaning, and it becomes known to you when you begin to give of yourself and your gifts. You are called to "make plans" for how you will live out the call and purpose of your life – your personal mission. Part of the journey of faith is discovering your mission and how Jesus wants to use your gifts to bear fruit and build up His people.



## **Healing Prayer Categories**

- \*Abortion, Effects of
- \* Addiction
- \* Backslider / Lost
- \*Birth & New Life
- \* Blessings
- \* Cancer
- \*Comfort & Grief
- \* Deliverance
- ♣ Diet & Exercise
- \* Eternal Rest
- \*\*Evangelization Telling People about Jesus
- \*Faith & Strength
- \*Finances / Employment
- \*\* Forgiveness & Cleansing of Sin
- Generational Healing

- #Inner Healing
- Joy & Peace
- # Justice / Court Cases
- \*Love God's Love
- \* Physical Healing
- \* Protection
- \* Relationships
- \* Relationships Marriage
- \* Salvation
- \* Sleep & Rest
- \*Student / Learning / Teacher
  - Success
- Unity & Healing of the Church
- ₩Wisdom & Guidance



With His love, He will calm all our fears. He will break the chains that bind His people; And those who walk in darkness Will see a great light!

Isaiah 9:4,2



## Prayer For Healing

Jesus, You are the Divine Healer. I thank You Jesus that You heal every kind of disease and every kind of sickness among Your people. Thank You Lord, that as an intercessor, I can bring to You all who are ill, taken with various diseases and pains, demoniacs, epileptics, paralytics; and You will heal them. (Matt 4:23-24) You, Lord, have promised to pardon all their iniquities and to heal all of their diseases. (Psalm 103:3) The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised and the good news is preached to the poor. (Luke 7:22) I praise You Jesus, that You are the God that performs miracles; thank You that You display Your power among Your people. (Psalm 77:14)

Jesus, You have already bore our sufferings at Calvary. By Your wounds we are healed. Look look upon \_\_\_\_\_ with eyes of mercy and release the power of Your Spirit upon Your Word. May Your healing hand rest upon \_\_\_\_\_, may Your life giving powers flow into every cell of his/her body and into the depths of his/her soul - cleansing, purifying and restoring \_\_\_\_ to wholeness and strength for service in Your Kingdom.

In the name of Jesus Christ.

X

He heals the brokenhearted And binds up their wounds.

Psalm 147:3

## SCRIPTURAL PRAYER FOR CANCER

Thank You Jesus that we can come to You and tell You that, whom You love, is sick. Praise You Lord that
You tell us that's cancer is not to end in death, but is for the glory of God that the Son of God may be
glorified by it. <b>In the name of Jesus Christ.</b> John 11:3-4
Praise You Abba that You will bring health and heal his/her cancer; You will heal him/her and reveal to him/her an abundance of peace and truth. You, O Lord, will restore and rebuild him/her as he/she was at first. Thank You Lord that You will cleanse from all his/her iniquity and pardon him/her! shall be Your joy, Your praise and Your glory before all the nations of the earth as they hear of all the good You do for him/her! In the name of Jesus Christ. Jeremiah 33:6-9a
Thank You Jesus that You give the knowledge of salvation by the forgiveness of her/his sins because of Your tender mercy, with which the sunrise from on high will visit him/her and shine upon him/her, who sits in darkness and the shadow of death. Praise You Lord that You guide's feet into the way of peace.  In the name of Jesus Christ. Luke 1:77-79
Praise You Father God that the joyful shout of deliverance is heard in the tents of the victors! Thank You Abba that Your right hand is raised and strikes with power. Praise You that shall not die, but live and declare the deeds of the Lord. In the name of Jesus Christ. Psalm 118:15-17
Thank You Jesus that as we intercede for, You will stand over him/her and rebuke the cancer. Praise You Lord that his/her sickness will leave and he/she will get up immediately! Thank You Jesus that Your word is truth. In the name of Jesus Christ. Luke 4:38b-39
Thank You Jesus that cries out to You in his/her trouble and You save him/her from his/her distress. Prais You Master that You bring out from darkness and the shadow of death and break his/her chains! We than You Jesus for Your loving kindness – such wonders to a mere mortal! <b>In the name of Jesus Christ.</b> Psalm 107:13-15
Praise You Father that You raised Jesus – the prince of life – from the dead and on the basis of faith in Jesus' name; it is the name of Jesus, which will strengthen! And the faith, which comes through Jesus, has given this perfect health in the presence of all. In the name of Jesus Christ. Acts 3:15b-16
Thank You Jesus that You tell, "You are freed from your sickness." Praise You Lord that You lay hands on and immediately he/she will stand up and glorify God. Thank You that You set him/her free from the bondage of cancer. In the name of Jesus Christ. Luke 13:12-14, 16b
Shout for joy, O heavens! And rejoice, O earth! Break forth into joyful shouting, O mountains! For the Lord has comforted! Lord hear the cry of our hearts. Come and heal your child. Have compassion on Pour out Your love upon him/her. In the name of Jesus Christ. Isaiah 49:13

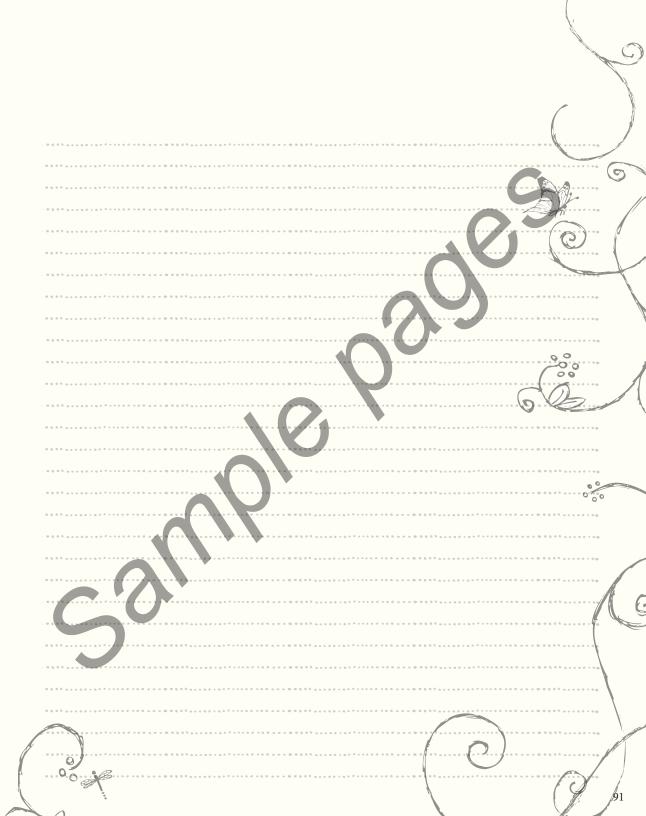
### **SCRIPTURAL PRAYER FOR COMFORT & GRIEF**

## SCRIPTURAL PRAYER FOR FAITH & STRENGTH

Praise You Jesus that's faith is his/her assurance of all he/she hopes for and the conviction of things not yet seen. Thank You Lord that You strengthen with Your love. <b>In the name of Jesus Christ.</b> Hebrews 11:1
Thank You Abba that trusts in You with all his/her heart, and does not lean on his/her own understanding. In all his/her ways will acknowledge You and You will make his/her paths straight. <b>In the name of Jesus Christ.</b> Proverbs 3:5-6
Praise You Jesus that will not waver in unbelief, but grow strong in faith, and give all glory to You!  In the name of Jesus Christ. Romans 4:20
Thank You Jesus that You love and give him/her eternal comfort and good hope through Your grace.  Praise You Lord that You encourage's heart and strengthen him/her in every good work and word. May always run to You when times of trouble come. In the name of Jesus Christ. 2 Thessalonians 2:16-17
We ought always to give thanks to You God for, as is only fitting, because his/her faith is greatly enlarged, and his/her love toward others grows ever greater. Praise You Lord that You care for and will fill him/her with Your assurance and Your strength! In the name of Jesus Christ. 2 Thessalonians 1:3
Praise You Lord that's faith does not rest on the wisdom of men, but on Your power O God. Thank You Jesus that You will give strength to and bless him/her with peace. In the name of Jesus Christ.  1 Corinthians 2:5 & Psalm 29:11
We thank You Christ Jesus our Lord that You have strengthened, because You consider him/her faithful, and will put him/her into service. Praise You Lord, that You show Your mercy to In the name of Jesus Christ. 1 Timothy 1:12
Praise You Lord for's salvation and glory rest on You. You are the rock of his/her strength, and his/her refuge is in You alone. Thank You Father that will trust in You at all times and pour out his/her heart before You. All praise to You Lord, for You are a refuge for! In the name of Jesus Christ. Psalm 62:7-8
Thank You Father that on the day calls You, You will answer him/her. You make him/her bold with strength in his/her soul. Praise You Lord that You are faithful and You will strengthen and protect from the evil one. In the name of Jesus Christ. Psalm 138:3 & 2 Thessalonians 3:3
All praise to You Jesus that it is You who prepare for Your purpose, You give to him/her Your Spirit as a pledge. Thank You Lord that will always be of good courage, and knowing that while he/she is at home in the body, he/she is absent from You Lord – but until he/she is with You in heaven, walks by faith, not by sight – and will be of good courage. In the name of Jesus Christ. 2 Corinthians 5:5-8
Thank You Jesus that will find strength in You who will make him/her strong and ready for anything. You will give strength to's inner being to empower him/her to accomplish and persevere in all circumstances. In the name of Jesus Christ. cf Philippians 4:13

## SCRIPTURAL PRAYER FOR RELATIONSHIPS - MARRIAGE

Praise You Lord that You bless and's love because it is perfect for them, and has no fear – no fear of being judged, criticized, controlled, abandoned, rejected or being shamed. Thank You Lord that they can love each other because You first loved them! In the name of Jesus Christ. 1 John 4:18-19
We implore You Lord that and will walk in a manner worthy of the calling with which You have called them – to their marriage. Praise You Father that and are called to love each other with all humility and gentleness, with patience, showing tolerance for each other and being diligent to preserve the unity of the Spirit in the bond of peace. <b>In the name of Jesus Christ.</b> Ephesians 4:1-3
Thank You Spirit that You will make and's joy complete by making them be of the same mind, maintaining the same love, united in spirit. Praise You Lord that they do nothing out of selfishness or empty conceit, but with humility of mind regard the other as more important than themselves. <b>In the name of Jesus Christ.</b> Philippians 2:2-3
Thank You Jesus that and's hearts may be encouraged, being knit together in love. Praise You Jesus that You alone are the Lord of and's peace and You have made them one, and broken down the barrier of the dividing wall. In the name of Jesus Christ. Colossians 2:2 & Ephesians 2:14
For and; thank You Abba that no weapon formed against this relationship will prosper. Praise You Lord that their heritage is in You and You will save them! <b>In the name of Jesus Christ.</b> Isaiah 54:17
Thank You Father that and take refuge in You and are glad. Let them sing for joy because You shelter them. Praise You Lord that they love Your name and You who bless and; You surround their marriage with a shield! In the name of Jesus Christ. Psalm 5:11-12
Thank You Jesus that and will rejoice, be made complete, be comforted, be like-minded, live in peace and Your Spirit of love and peace shall be with them always! <b>In the name of Jesus Christ.</b> 2 Corinthians 13:11
Thank You Abba that at the beginning of creation You made male and female. For this reason will leave his father and mother and be united to, and the two will become one flesh. Praise You Lord that they are no longer two, but one. Glory to You that what You – God – have joined together, no man can separate. In the name of Jesus Christ. Mark 10:6-9
Praise You Lord that is her husband's beloved, and 's (husband) desire is for her alone and her desire is for her husband. Thank You Father that they find beauty and delight in each other's embrace! <b>In the name of Jesus Christ.</b> Song of Solomon 7:10, 6
Thank You Father that You will be a wall of fire around and's marriage and You will be the glory in their midst. Praise You Abba that and will give honor to their marriage and remain faithful to one another. Thank You Lord that You will be the God in their midst and they will not focus on love of money but will be content with what they have. Praise You Lord that You will never abandon this marriage!  In the name of Jesus Christ. Zechariah 2:5 & Hebrews 13:4a, 5



## **NEW LIFE: Conception to Birth Prayers**



Taking a child, He set him before them, and taking him in His arms, He said to them, "Whoever receives one child like this in My name receives Me; and whoever receives Me does not receive Me, but Him who sent Me."

Mark 9:36-37

Thank You Lord that Your gift of creation brought with it the miracle of life. Through Your mercy, Your gift has continued and in Your love, You have allowed us to participate in the beauty of creating new life.

#### Conception



You formed my inmost being; You knit me in my mother's womb. I praise You, so wonderful You made me; wonderful are your works! My very self You knew; my bones were not hidden from You, when I was being made in secret, fashioned as in the depths of the earth.

Psalms 139:13-15

I ask You, merciful Lord, to protect this precious life from the first moment it began, when this life was
known only by You and was hidden in's (mother) womb. I beg You to return to the very moment of
conception and provide this seed of life with all that will be needed to become a healthy child of God. Holy
Spirit, I ask that You provide a barrier between this baby and any evil or negative influences. Prepare Your
home in the heart of this child so that he/she will always know Your presence, peace and love.

Lord, please heal this child's parents from any burdens that they carry. I beg You to go back to the beginning of \_\_\_\_\_'s (mother) and \_\_\_\_\_\_'s (father) lives to heal all of the anger, anxiety, mistrust, or sorrow that they carry. Heal the wounds of their failings and the wounds inflicted by others. Enter into each of their life experiences that lacked compassion, love, friendship, respect or kindness, and shine Your light of love more brightly on those moments. I ask that Your healing touch reach back through all ages to alleviate the wounds, physical and emotional, that may have damaged this family's ability to love, forgive and support each other. Jesus, plant within this seed of life Your perfect peace and joyful spirit. A spirit that will always know the warmth of Your love.

## JANUARY 2015

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## JANUARY 4-10 2015

