

## Guidelines for Intercessory Companioned Prayer™

*I lift my eyes to the hills; – from where will my help come?  
My help comes from the Lord, who made heaven and earth. – Psalm 121:1-2*

### Intercessory Companioned Prayer

The intercessory form of Companioned Prayer is unique. Unlike most forms of intercessory prayer that are petitions, in intercessory Companioned Prayer we ask God whom we should be praying for, and then we are open to God leading us into whatever we should be aware of concerning this person or the issue that they represent. In other words, instead of petitioning God for His specific actions or graces on behalf of someone else in need, we let God tell us what we need to hear concerning the person in need. The primary focus of this intercessory prayer is to bring another person to our awareness in a manner that invites us to know and share something about their situation that we would not be aware of in any other way. In the end, we may become aware of something that will allow us to be with the suffering person with more ease and love, or perhaps we will be aware of specific actions we can take to help the person, or perhaps there may be some other outcome of the prayer that is personal to us or to our relationship with the person. Like regular Companioned Prayer, at the end of this intercessory form (in the *CLOSING PRAYERS* movement) we may find ourselves praying a traditional prayer of petition or intercession for the person, or some other prayer that is appropriate to our Companioned Prayer experience.

You will see that this Intercessory Companioned Prayer includes much of the same open receptive language as in the standard Companioned Prayer form. Its difference is subtle but significant. This intercessory prayer form is also designed to be prayed with a companion.

### Additional Guidelines

In addition to the standard guidelines for each part of the prayer, the following are offered:

#### *OPENING PRAYERS*

In your opening prayer include personal prayers of petition and intercession for the individuals you are concerned about.

#### *ASKING GOD*

Be open to finding out that the person whom God's wants you to be aware of at this time might be someone other than the person you had in mind. Be open to the possibility that the person who may need God's love and care is yourself. Or, what comes may include your relationship with someone. Or it might even be someone who has passed on. If one of these happens, do not put that message aside, thinking that it shouldn't be someone other than whom you had in mind, shouldn't be you or involve you, or shouldn't be someone who

has died. God may be calling you to listen to something very special in his own way. Have trust in him. A symbol or subject that may initially come may not even be a person; but if followed, it may lead to an awareness of someone in need. Following how God calls us may lead to the person you were concerned about with insight and compassion that might not be possible any other way. If the person you had in mind does not end up being included in your prayer, you can always pray the Intercessory Companioned Prayer again later.

#### *GOD'S LOVE AND COMPASSION*

Here we take our prayer subject to Jesus' loving heart and allow ourselves to feel how the whole issue feels inside us, in faith. As in regular Companioned Prayer, we notice how this feels in our body, how we are carrying all of this. This is not a step where we ask God to love the person or situation that we are praying about, outside of how we are feeling about the person or situation within ourselves. Nor are we handing the person off to God for him to fix or take care of as his responsibility. In other words, we are not creating a mental picture of someone and then giving that God's love, nor are we simply mentally or emotionally petitioning God for his love for them. Instead, we continue to be aware of how God has revealed that the person or the situation feels within us, how we are carrying it; and that is what we bring to Jesus' loving Heart. Then we allow our self to feel his flowing love and compassion in all of that. In this prayer we are not the intercessor praying for another person. Christ is our intercessor for all of us. In faith in his saving intercessory love for us all, we humbly place our self and our prayer subject in his loving Sacred Heart, while in faith we personally accept his tender compassion with our prayer subject as we are now one with it as it is further revealed to us, as we hold and carry it in our prayer.

#### *CLOSING PRAYERS*

As in regular Companioned Prayer, allow yourself a closing prayer that is appropriate to the Intercessory Companioned Prayer experience that you have just had so far. In doing so you may find yourself praying in thankfulness or worship, or praying a traditional prayer of petition or intercession, or for strength of a new understanding within your relationship with the person you were praying about, or perhaps for strength and faith to carry out specific helping actions on behalf of the person. Any variety of responses may be appropriate.

#### Compassionate Intercessory Companionship

When companionship someone using the intercessory prayer form, consider your companionship to be part of the person's prayer. Therefore, companionship with a sense of compassion for the person, relationship or situation being experienced in the prayer, as well as for the person you are companionship. Envelope both within the love and compassion that you can share. You do not need to know who the person is praying for or the details of any relationship or situation in order to extend your prayer to the person you are with and those they may be praying for.