

JFN Empower – Module 4 P3 (23 March)
Lesson 3: Intercession is for Every Christian

Summary of last week and short questions and answers discussion:

Introduction: The meaning of Biblical Intercession

Matt. 6: 9-10, ‘9.....*Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven.*’ NKJV

As we noted in Lesson 1, the Lord’s Prayer includes the vital practice of intercession. According to the Helps Word Studies definition of *enteuxis* (Greek word for intercession), biblical intercession involves waiting on the Lord to discern His will so that our prayers “hit the mark” —like striking the bull’s-eye of God’s intention (<https://biblehub.com/greek/1783.htm>).

This matters because the opposite of hitting the mark is missing it. The Greek word for sin, *hamartia*, literally means “to miss the mark.” True intercession, therefore, is not random or vague prayer. It is accurate, Spirit-led partnership with God’s will, praying what He desires, not merely what we assume. At the heart of biblical intercession is this:

- we align with God so that our prayers strike the target of His purpose with precision and power.
- knowing the will of God and praying for His will to be done — on earth as it is in heaven; in our lives as it is in heaven; and in the lives of others as it is in heaven.

The second point or theme of the Lord’s prayer that Jesus instructs us to pray for is that God’s kingdom would come and His will would be done on earth as it is in heaven. Jesus desires every disciple to live in partnership with God, bringing His reign and rule into the world around us. The aim of Christian intercession is exactly that — to partner with God through prayer so that heaven invades earth. We intercede so that His will is manifested in our churches, our communities, our families, and in our own personal lives.

The Act of Intercession

To gain a clearer understanding of the *meaning and act* of intercession, consider the following:

1. Intercession flows out of our personal relationship with Jesus

Intercession does not begin with prayer requests — it begins with worship, intimacy, and fellowship with God. When we draw near to Him, the Holy Spirit guides our prayers.

“The Spirit helps us in our weakness... the Spirit Himself intercedes for us.” — Romans 8:26

If we worship first, we pray from a place of intimacy and alignment, not anxiety. We are positioned to follow the Holy Spirit's leading. When we worship, the Holy Spirit intercedes.

2. Intercession means standing before God on behalf of someone or something

To intercede is to stand in the gap — the space between God's will and a current situation.

"I looked for someone among them who would build up the wall and stand in the gap before Me..." — Ezekiel 22:30

Intercessors bring people, situations, and even nations before God, asking that His will be done where it is not yet visible – where it does not reflect the will of God (Remember the bullseye). Standing in the gap positions us to understand God's heart and even share His burden.

3. Intercession includes praying for what is on God's heart

Intercession is not about presenting our opinions to God — it is about carrying His burden and sharing His heart.

As Suzette Hattingh (a global intercessor) teaches, we are called to pray God's burden, not our own ideas, and to join in what God is already doing.

Jesus modelled this perfectly:

"I do nothing on My own... I speak just what the Father has taught Me." — John 8:28

Intercessors echo the heart of God back to Him.

4. Intercession means praying the Word of God into situations

One of the clearest ways to know God's will is to pray what He has already spoken.

God's Word is His will — and it never returns empty.

"So shall My word be... it shall accomplish what I please." — Isaiah 55:11

Intercession "hits the bullseye" when we pray Scripture over people, circumstances, and nations.

Intercession is born in intimacy, expressed by standing in the gap, shaped by God's heart, and empowered by His Word.

The Intercession of the Holy Spirit and Jesus

Romans 8: 26-28, ‘26 *And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. 28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*’ NLT

As disciples of Jesus, we are called to do what He and the Holy Spirit are doing; we are invited into partnership with God.

Scripture teaches that both Jesus and the Holy Spirit actively intercede for us. Romans 8 reveals that the Holy Spirit intercedes on our behalf “*with groanings which cannot be uttered*,” praying perfectly according to the will of God and because of this, everything works together for good! *If we desire for things to work out, we must take intercession seriously!*

At the same time, Jesus Himself is our High Priest and intercessor, as Hebrews 7:25 declares: “*He always lives to make intercession for them.*” Romans 8:34 also states that Jesus is pleading for us from His place of honour at the right hand of our Father.

Just as Jesus stands before the Father on our behalf, He has also made us “a royal priesthood” (1 Peter 2:9), calling us to join Him in interceding for others. Because Jesus intercedes for us and the Spirit empowers us, we carry a holy responsibility to engage in intercession and spiritual warfare, partnering with heaven to see God’s will established on earth.

Intercession: The heart of Spiritual Warfare

Eph. 6: 18-20, ‘17 *And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.*’ NLT

Intercession is central to spiritual warfare because the moment we step into prayer on behalf of others, we begin partnering with God to see His will established in places where it is not yet visible. Intercession is not passive—it is active engagement with heaven to confront and resist the enemy's plans.

Paul, after describing the full armor of God, immediately shifts the focus to prayer. This is intentional. The armor prepares us, but intercession activates the battle. He urges the Ephesian believers to:

- Pray always
- Pray in the Spirit
- Stay watchful
- Persevere in prayer
- Intercede for all the saints

And then Paul does something deeply revealing—he asks them to intercede for him. The apostle, the church planter, the theologian, the spiritual father, openly acknowledges his need for the prayers of the people he leads.

This shows us something vital:

Even the strongest leaders cannot stand alone. Paul understood that spiritual warfare is not fought in isolation. He needed people to “stand in the gap” for him so that he could continue to speak boldly and fulfill his calling. *Leaders who have no one interceding for them become vulnerable to exhaustion, discouragement, and spiritual attack. The enemy targets leaders because if he can silence the shepherd, he can scatter the sheep.*

Moses: A Picture of Intercessory Support

A powerful Old Testament example of this truth is found in the life of Moses. Exodus 17:8–13 (NKJV) When Israel fought against Amalek, Moses stood on the hill with the staff of God in his hands. As long as his hands were raised, Israel prevailed; when his hands grew tired and lowered, the enemy began to win.

So Aaron and Hur came alongside him:

- They stood with him
- They held up his arms
- They supported him until sunset

And because of their support, Israel won the battle. This moment is a prophetic picture of intercession:

- Moses represents spiritual leadership.
- Aaron and Hur represent intercessors.
- The raised hands represent prayer and spiritual authority.
- The battle represents spiritual warfare.

The victory depended on shared strength.

Moses could not keep his arms raised alone. The battle was too long, the weight too heavy, and the enemy too relentless. Without Aaron and Hur, Israel would have lost. Likewise, leaders today need intercessors who will stand beside them, uphold them, and strengthen them in prayer. When leaders grow weary, intercessors keep the spiritual battle moving forward.

Why Intercession for Leaders Matters

- Leaders face intensified spiritual attack.
The enemy wants to silence their voice, weaken their influence, and discourage their hearts.
- Leaders carry heavy spiritual responsibility.
They need supernatural strength, clarity, and boldness.
- Intercession creates spiritual covering.
It pushes back darkness, strengthens their hands, and keeps them aligned with God's will.
- Intercession ensures victory for the whole community.
When leaders stand strong, the people advance.

In conclusion, intercession is not optional—it is essential. It is the unseen force that strengthens leaders, protects the church, and advances the kingdom of God. Just as Paul needed the prayers of the Ephesian believers, and just as Moses needed Aaron and Hur to hold up his arms, leaders today need intercessors who will stand with them on the spiritual battlefield. *But this truth extends far beyond leadership.*

Families, marriages, children, and every believer also need people who will stand in the gap for them. The enemy does not only attack pastors and spiritual leaders—he targets homes, relationships, communities, and individuals with the same intensity. When we intercede for our families, our friends, and our communities, we create spiritual covering and push back the darkness that seeks to divide, discourage, and destroy.

When we intercede, we take our place in God's strategy for victory. When we intercede for our leaders, our families, and our loved ones, we ensure that the battle continues to move forward. And when we stand together—like Moses, Aaron, and Hur—the enemy cannot advance or succeed.

The Impact of Intercession

1. Intercession Shapes Lives, Leaders, and Nations

1 Tim. 2: 1-4, *'1Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, 2 for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. 3 For this is good and acceptable in the sight of God our Savior, 4 who desires all men to be saved and to come to the knowledge of the truth.'* NKJV

1 Timothy 2:1–4 calls believers to offer supplications, prayers, intercessions, and thanksgiving for all people—including kings and those in authority. Why?

Intercession creates spiritual *conditions and atmospheres* in which peace, godliness, and the gospel can flourish. God desires all people to be saved, and intercession aligns us with that desire.

2. Intercession Releases God's Intervention

In Acts 12:5–7, the church prayed earnestly for Peter while he was in prison—and God sent an angel to break his chains and lead him out. Intercession opened the door for supernatural deliverance. It is important to understand that God desires to intervene, but He will only do so when someone stands in the gap!

3. Intercession Brings Breakthrough, Revival, and Transformation

James 5:16–18 shows that the effective, fervent prayer of a righteous person has great power. Elijah prayed, and God shifted the atmosphere of a nation—shutting the heavens, then releasing rain again. Intercession invites revival, renewal, and God's intervention in impossible situations.

Intercession is so powerful—it can change the course of events. While we cannot change God's will, intercession releases His will into lives, families, churches, communities, and nations. When God's people stand in the gap, heaven moves and His purposes break through on earth.

Revival is one of the greatest fruits of intercession. Every disciple of Jesus must pray regularly and boldly for God to intervene, transform hearts, and bring His glory into every sphere of life.

Questions to Ponder:

1. In your own words, write a short paragraph explaining what intercession means and how Scripture describes it.

2. Briefly discuss how to intercede by referring to the four points under “The Act of Intercession.”
3. What is your understanding of the intercession of Jesus and the Holy Spirit, and what does this mean for the life of a believer?
4. What is the connection between intercession and spiritual warfare, and why is this relationship so important?
5. Would you consider yourself an active intercessor for your leaders, your church, your family, your community, and your nation?
6. Why is intercession so vital and impactful in the life of the church and in the world?
7. Will you commit to becoming an intercessor for our church, our city, your family, and your friends? Would you consider joining us for focused prayer for our church and city on Thursday mornings at 5am?