

SECOND MODE OF PRAYER

PRAYER OF INTERCESSION

Second Part: 9 Exercises of Intercessory Prayer

1. PRAYING FOR PEOPLE IN CONCENTRIC CIRCLES

From closest to us to farthest

- For our Home people
- Close relations
- Those we meet daily at work. .
- Our servants
- People in our housing colonies, blocks and neighborhoods
- Acquaintances
- Unknown people.

2. PRAYING FOR CATEGORIES OF PEOPLE.

- for the exploited
- Alcoholics
- The poor
- Drug addicts
- The sick
- Christians
- The old and infirm
- Hindus
- Children
- The Authorities
- The Youth
- Refugees
- For Parents
- Sinners,
- Etc.

3. PERSONS WHO ARE IN NEED OR IN A DIFFICUL SITUATION.

Remember some of them and pray for them in earnest.

4. THE JESUS PRAYER or “NAM JAP” DIRECTED TO OTHERS.

Anoint them with the name of Jesus.

- Particular persons
- Groups of persons
- People devoted to special works and ministries
- Etc.

5. A FANTASY;

IMAGINE YOU SEE JESUS PRAYING FOR THE CROWDS OF TODAY’S WORLD.

Fantasize on the scene of Mt. 9/35-38.

“As Jesus saw the crowds, his heart was filled with pity for them; because they were worried and helpless, like sheep without a shepherd...”

Imagine what Jesus would feel today seeing the enormous crowds, uncared for like sheep without a shepherd, scattered all over the world.

How would He pray for them? Let us pray for them as Jesus would:

- Today’s destitute
- Today’s exploited
- Today’s slum and pavement dwellers
- Today’s orphans
- Today’s refugees
- Today’s victims of war
- Today’s drug addicts
- Today’s prostitutes and their likes.
- Today’s youths misguided and prey to all bad habits.
- Today’s broken families.
- Today’s fallen- away Catholics
- Today’s unemployed
- Today’s countless aborted children, etc.

6. FOSTER IN YOUR HEART THE FEELINGS JESUS HAD FOR THE LESS CONSIDERED PEOPLE IN SOCIETY

The Weaker Sections of Society: The unwanted and despised.

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| (i) The poor. | (ii) The sick | (iii) the children |
| (iv) The widows | (v) The sinners | (vi) The women |
| (vi) The outcasts | (vii) The homeless | (viii) The scum. |

7. NEWSPAPER PRAYER.

Preparation:

Quiet down. Place yourself in the presence of God.
Pray to the Holy Spirit for Assistance and a Hymn.

1st. Step: Take any Newspaper.

Browse over the main headings

2nd. Step: Prayer Intercession: Sad & bad news.

Pray for your brothers and sisters in the world **who have to suffer so many calamities, poverty, trials and injustices.** May God give them courage, faith and hope and improve their conditions.

3rd. Step: Prayer of intercession: Sad & bad News. Pray for those **who are the cause of such sufferings and evils** in the world.
Let us pray that evildoers may repent and come back to God.

4th. Step: Personal Examination and Repentance.

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- In what way, if any, in the past, have I contributed to bring joy, peace, love and justice to my brothers and sisters? **Reflect! Thank God for it.**
- Have I contributed, in the past, consciously or unconsciously, in any way, to the evils and sufferings of our world? Perhaps through my anger, revengefulness, dishonesty, greed, lust, injustice, or any other wrong doing? **Reflect!. Be sorry for it.**
- How shall I, in future make my home, my neighborhood, my place of work, the world at large a better place to live? How shall I bring God to people and people to God? **Reflect! And Promise.**

8. REFLECT AND MEDITATE ON HOW JESUS LOVED PEOPLE.

Check and compare the way you love people and the way Jesus loved.

Do I love people as Jesus did?

- Actively
- Forever. .
- Freely.
- Not throwing expectations on them.
- Loving people as they were, - Imperfect and sinful.
- Real people - not' ideal or imaginary people'.
- Unconditionally.
- Spontaneously.
- Without laying demands.

9. PRAYING FOR YOUR ENEMIES AND THOSE YOU DISLIKE.

- God does not ask us to “LIKE” our enemies and those we find unpleasant, this is humanly impossible.
- JESUS tells us to “LOVE” them, not necessarily to LIKE THEM.
- He wants us to “WISH THEM GOOD”, to ‘PRAY FOR THEM’. This is possible, nay, even necessary, to be a good Christian.

CLOSURE TWO SUGGESTIONS

1st. Pray for Others

1. How much do I pray for others?
2. Does your prayer life help you grow in love for others?
3. Do your prayer life and your devotional practices make you more understanding, accepting, forgiving, affectionate, less judgmental, more supporting, appreciative, and grateful towards others?

If your answer is ‘YES’ you pray as Jesus taught us to pray.

If your answers are “NO”, there is something wrong in the way you pray! Check it. Ask God to help you to correct it.

2nd. Pray for Your Enemies

Start by remembering the names of those who in the past offended you, and those you dislike

Next, Imagine that they are present here in front of you... How do you feel?

Then, Do the following things:

- In your heart of hearts “PRAY FOR THEM” WISH THEM GOOD...
- Ask God to help you to accept them as He accepts them!
- In fantasy tell those you do not like and those who offended you; ‘I LOVE YOU’....’ I WISH YOU WELL’... ‘I FORGIVE YOU’...

