

# TOOL: Interceding through the News

Lift others in prayer • Daily



## Introduction

If we believe in the power of intercession, we believe we can shape more than just ourselves or the people around us. We can change the world – not just through our actions but also through our prayers.

Especially in the current age, when we have access to more information about the state of the world than ever before, we can feel inundated with pain and suffering and a sense of powerlessness. We can easily become either overwhelmed or apathetic – learning not to feel or worse – to engage with the news as entertainment.

But because of the power of intercession, reading the news doesn't have to leave us powerless, overwhelmed or apathetic. We can redeem the inundation of information by interceding for the events and people we're reading about, trusting that our prayers will be knit inside of time and history. God loves the world – all of its people and all of creation – and God can use our prayers to transform the world around us.

## Pause and consider

- How do youWhat does your engagement with the news look like? How has it changed over the past few years?
- How does the news impact you emotionally these days? Do you feel numb, overwhelmed, burdened, angry, confused? What do you do with those sensations?

## Practice

Each day this week, pick one current event in the world and pray through the following three areas:

**Pray for the people involved.** Pray for the people you see in images or whose names are mentioned. Pray for anyone involved that the Spirit brings to mind. Pray for any physical needs, emotional needs, spiritual needs you can imagine for those involved in the circumstances.

**Pray for the spiritual caretakers involved.** Pray for the shepherds, friends, teachers, or anyone you can think of who might have the role of caring for those involved in the event. Pray for wisdom, love, kindness, and the fullness of the fruit of the Spirit to spill out of those around the wounded. Pray for the Church to show up and be the hands and feet of Jesus.

**Pray for the leaders and systems involved.** If the event involves a government, a law, a military power, or any kind of person in authority, pray for those who are in positions of power. Pray that God would dismantle systems and remove leaders who oppress and abuse, give wisdom and discernment, and provide humility for any in leadership. Pray that those in power would be mindful and aware of it and steward it with gentleness and grace.

### Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?