

# TOOL: Tracking Our Intercession

Lift others in prayer • Daily



## Introduction

One of the largest obstacles we face to intercessory prayer is that we may not really sense the “point” of it. Sure, we know the right answers from church, but on an experiential level, we don’t often see the direct impact of our prayers, and if we do, we might chalk it up to coincidence.

Tracking our intercessory prayers can be an incredible tool to help us notice the patterns of God in our lives – to see the ways we are invited to be a powerful part of the stories of those around us through our intercession.

The added benefit of tracking our intercession is that it prompts us to follow up with others on their requests to get an update. These follow-up conversations help us to care better for one another and help us all notice the things that God has done that we might otherwise overlook.

## Practice

There are many ways to track your prayers. This week, pick one of the tools below and practice using it to see what you notice! It might take you some time to figure out which tool is best for you, so feel free to switch it up mid-week if it’s not working for you.

The key elements you want to experience within this tool are:

- Request: Recording requests
- Follow up: Recording updates
- Reflect: Taking time to refresh your prayers based on those updates (e.g., If God has moved, spend some time thanking God for that. If the person is feeling in need, let that prompt you to renew your intercession.)

## Tools

Get a **journal** and create your own prayer request tracker spread! This could be a page for requests, a page for follow up, and a page for reflection. Or this could be a page for each request where you record the date, and then follow up and then reflect.

Try out a **worksheet** like [this](#) one, or make your own.

If you're more of a **digital** person, start a Google Doc, or use an app like [Echo Prayer](#) to help you.

Some of us prefer a more **tactile** option. Get a couple of mason jars and some popsicle sticks. When you hear a request, write it on the stick and add it to the first jar. Then, a few days later, go back through the jar and follow up with whoever you've been interceding for. Spend some time reflecting on what they share with you, as you move that popsicle stick to the next jar. This will help your brain notice things moving and shifting as you go! Often, our prayers are not just "answered" or "not", so get creative with what this process looks like.

### 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?