

MIDDAY: PRESENCE & INTERCESSION

My Presence will go with you, and I will give you rest - Exodus 33:14

WHY DO WE WANT GOD'S PRESENCE?

"I rarely pray for half an hour, but I rarely go half an hour without prayer." - Smith Wigglesworth

"There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God." - Brother Lawrence

Life as a follower of Christ is all about being in a relationship with God, and you cannot be in a relationship with someone without actively pursuing that person.

IT'S NOT ALWAYS EASY

Sometimes we begin to pray and immediately feel the closeness of the Lord. But, like any relationship, this is not always the case.

Take marriage, for example. Some days you wake up and feel close to your spouse with very little effort. However, there are certain days where feeling close to your spouse takes some energy on your part.

Even when we don't feel the presence of God, He is there. Be encouraged, and remember what Jeremiah says.

You will seek me and find me when you seek me with all your heart. - Jeremiah 29:13

HOW DO WE DO THIS?

Wherever you are, in whatever you do, think about a helpful and even playful prompt to help you develop 'a familiar friendship with Jesus'¹. God is never further than a thought away.

- Set a few alarms on your phone to remind yourself to remember that God is with you.
- Listen to worship music and try and focus on the words

INTERCESSION

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness... - 1 Timothy 2:1-27

One simple way to begin interceding is to think of the issues of our day and ask God to intervene.

1. People afflicted: Who is affected the most? Is there grief, loss, fear or trauma? Ask God to meet anyone who might need His guidance and comfort.

2. Pastors and Priests: Ask God to give courage to church leaders seeking to bring Christ's presence and hope in the midst of hard situations and profound questions of pain.
3. Peacemakers, politicians and police: Ask God to give clarity and wisdom to government agencies and anyone who might be a support system to those involved. Ask God to bless and support their efforts to bring justice, reconciliation and aid.

Another simple way to intercede is by keeping a prayer list. Take some time throughout your week to add to a running prayer list. When it is time to intercede, you will have a plan to put into action.

A healthy prayer list is made up of some of the following things:

1. A workplace/vocational sphere: Pray for the place you work or the sphere of influence you have been positioned to contribute in. Ask God to move in that place and that your life would be a sweet fragrance of His presence there.
2. Miscellaneous tasks/assignments: Pray for a particular project you are working on, sales pitch you are giving, exam you are studying for, or ministry you are leading. As there may be numerous things you are working on or influencing, sometimes splitting these tasks up over your day, the hour, or your week is releasing.
3. A family member: Pray for a different member of your family specifically.
4. A wider family member or close friend: Pray for the different people you are committed to walking through life with. It could be a close friend, a niece or nephew, grandparent or god-child, or a young person in your church.
5. Leaders: The Bible exhorts us to pray for our leaders, no matter how much we like them or not! Why not pray for your church leaders, your boss, and your civic or political leaders another day of the week.
6. Non-Christian friends (The Lost): It is so important that we are actively praying for people who don't know Jesus. Name at least one person who you live beside, work alongside see at social events, before Jesus, asking God for their salvation and that they might know His relentless pursuit of them. Commit your heart to being part of the secret history of their journey toward Jesus.
7. Cities/Regions/Nations: Following the pattern of the Great Commission, it is a good idea to pray each day for a particular geographical area.