



HOW TO PRAY FOR OTHERS

Growing in the Gifts of the Spirit

“Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves.

Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.”

JOHN 14:11-14



PRAYER

WHAT IS PRAYER?

“Raising of one’s mind and heart to God or requesting of good things from God”

– CCC 2590

PRAYER

Prayers is...

- Loving communication with God
- The expression of our inner spiritual needs
- A means to find strength of spirit, guidance, wisdom, joy, and inner peace

**(Psalms 118:5-6, Psalms 138:3, Isaiah 58: 9-11,
Philippians 4:6-7, 1 Peter 5:7)**

TYPES OF PRAYER

Healing Prayer – 4 Types

- Prayer for Repentance (for Personal Sin)
- Prayer for Inner Healing (for Emotions & Memories)
- Prayer for Physical Healing
- Deliverance from Evil Spirits

TYPES OF PRAYER

Prayer for other circumstances:

- Relationships
- Material misfortune
- Jobs
- Addictions
- Life Directions
- Everything else

DISCERNMENT

Just because a physical ailment exists, it doesn't mean that is where the healing is needed; For example, physical ailments might exist due to lack of forgiveness or broken emotion.

"...researchers have found that if anger is not dealt with, but has moved into chronic hostility and bitterness, it leads to heart disease...chronic sadness and despondency lead to a narrowing of the arteries and eventual heart attack; despondency is as bad for our health as smoking several packs of cigarettes a day." – Francis MacNutt, PhD, *Healing* p.190

We need to find the most basic area where healing is needed and begin there...

OUR DISPOSITION FOR EFFECTIVE PRAYER

Need...

Love

Forgiveness

Righteousness

...cultivated regularly in our hearts so we can be available to God at any moment.

“There are utensils...some for special use, some for ordinary. All who cleanse themselves of the things I have mentioned will become special utensils, dedicated and useful to the owner of the house, ready for every good work.”

2 Timothy 2:20-21, NRSV

DISPOSITION

Love

We cannot give what we have not received

We receive God's love and are filled...

- In the sacraments and
- In the quiet

*“The Lord, your God, is in your midst...He will quiet
you with his love”*

Zephaniah 3:17

DISPOSITION

Forgiveness

- A lack-of forgiveness blocks God's grace
- Paralytic in Luke 5 was forgiven before he was healed

"For the measure you give, will be the measure you get back."

- Luke 6:38

"So confess your sins to one another and pray for one another and this will cure you"

- James 5:16

DISPOSITION

Righteousness

*Therefore confess your sins to one another,
and pray for one another, so that you may be
healed. The prayer of a righteous man is powerful
and effective.*

-James 5:16

OUR ATTITUDE FOR EFFECTIVE PRAYER

Need...

- **Love**
- **Trust in God**
- **Willingness to Release Control to God**
- **Humility**

ATTITUDE

Love

“When love is present, I have never seen someone hurt in any way by the healing ministry”

– MacNutt, *Healing*, p.120

“Time after time we see people healed not only through direct prayer, but simply because of their love for each other”

– MacNutt, *Healing*, p. 123

ATTITUDE

Trust in God

Trust in God's love for us

- for us as the **intercessor** (if nervous or feel unworthy)
- for the **person you're praying for**

God is a loving and omniscient Father who takes care of his children as they need; not necessarily as they want

ATTITUDE

Release Control to God

We don't need to worry about whether or not healing will take place, or how and when

- This is pride; We don't need to prove anything
- Our job is simply to reflect Jesus to them and love them
- Let the Lord do the rest in his time and in his way

ATTITUDE

Humility

- Worrying about ourselves and what we're doing leads to stress; we tense up and transmit stress to others

"The more we are centered on Jesus, the less desire we have to strive for results and the less anxious and more peaceful we are." – MacNutt, Healing, p.122

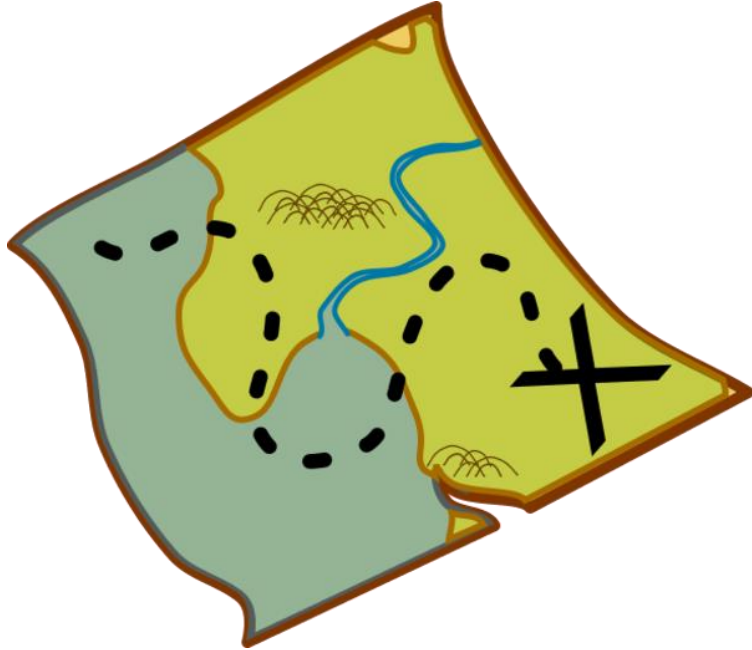
- Stay humble as God chooses who he will heal and not you

*"But for **simple persons** who are not masters, the way of love has far less danger of self-deception. Furthermore, it brings peace, not anxiety, to the person asking for help.*

-Francis MacNutt, Healing

HOW TO PRAY

What we want



Step by step instructions, please

What God provides



Personal, living guide – the Holy Spirit

Step ONE:

believe that Jesus is still at work,
healing his people today

2 DIFFERENT BUT COMPLEMENTARY CHANNELS

The WORD – the prayer that we say

The TOUCH – the laying on of hands: God's radiation treatment

Gospels portray both, nearly equally frequently

It does not matter how worthy or unworthy we feel – Jesus wants to use **YOU**

Partner with the Holy Spirit

The condition? Be a Christian (baptism in HS empowers)

THE ROLE OF LAYING ON OF HANDS

“These are the signs that will be associated with believers: in my name they will cast out devils, they will have the gift of tongues, ... they will lay their hands on the sick who will recover.”

(Mark 16:17, 18)

The Father, the Son, and the Holy Spirit dwell within you.

Allow the light and life of God within you radiate to everyone around you.

Transfer of life-giving power - remember the babies? They wither and die without touch.

The longer the sickness is held in the force-field of God's love, the more it shrinks.

ASK Permission, Respect Dignity of the Person

THE WORD PRAYER

Prayer of Command

Only when you have a strong sense of God's will to act specifically in the life of the person

Caution: avoid the sin of presumption

Gentle Heartfelt Prayer

Really mean it

No need for King James English

God hears the prayers of the little ones – better than loud demands

The TIME element matters, most of us take longer to heal or otherwise recover

THE ROLE OF FAITH

In the Prayer MINISTER

- Our faith is in God and in the fact that he does heal
- God **is on the side of life and health** and **has the power to bring about healing**
- If you sense the love of God for both of you, you will be gentler
- God loves you enough to listen to your prayer and answer it

In the Prayer RECIPIENT

- Become like a little child
- Don't judge or try to figure out too much
- Do not strain

WHAT WORDS TO USE

- **Praise & Thanksgiving, Lift up the Person to God in Love and in Humble Trust**
- **State the Needs & Symptoms in Prayer** – Be Very Specific
- **Listen with TWO EARS** - for the person's situation and for the Spirit's Guidance
- **Trust that the Lord will activate the gifts of the Spirit** as needed in the situation
- **Pray the Word of God** into the Situation
- **Express Trust in the Lord's Will to Heal** and Offer Thanksgiving
- **Do not Make Promises** Unless the Spirit Strongly Prompts You To Do So

You have nothing to lose - other than pride - by trying
and a whole new world will open up for you in which you will see God's compassion at work.

AFTER YOU'VE PRAYED WITH THE PERSON

Thank the Lord for the privilege to pray for someone

- your intercession will likely bless you too

Continue interceding if lead to do so

- the Lord may bring this person to your mind again

Use the “Prayer to be Set Free” if needed, such as after praying for a difficult or negative person

- see enclosed example

WHAT IF I DON'T SEE AN ANSWER TO PRAYER?

- Lack of faith
- Redemptive suffering
- A false value attached to suffering
- Sin or unforgiveness
- Not praying specifically
- Faulty diagnosis

WHAT IF I DON'T SEE AN ANSWER TO PRAYER?

- Refusal to see medicine as a way God heals
- Not using the natural means of preserving health
- “Now is not the time...”
- A different person is to be the instrument of healing
- Demonic interference
- Distracting social environment

READY TO START PRAYING FOR PEOPLE?

Invite the Lord to arrange the appointments and be your guide

Lord, I offer this day to you.

Please bring a hurting person to me today and give me the grace, wisdom and courage to recognize and respond to their needs in a way that glorifies you.

Please prepare both of us for this time. Open the door and create the opportunities for us to pray. Thank you, Lord. Amen.

Linda Schubert, 5-Minute Miracles

More prayer examples are provided in a separate document