



TRACK ONE

ARMOR OF LIGHT PRAYER WALK: STOP#5 THE INTERCESSION BENCH

God leads you down the garden path away from His divine orchard to a special bench where you get to sit with Him. He tells you this is called His **Intercession Bench**. You've just tasted His supernatural fruit. It's still on your lips, and it's empowered you to do something special...shift your focus from self towards others. Through His grace and strength, your concern for others is a powerful way to unselfishly bear much fruit. He tells you that He's so pleased with your prayers for others—for people you know, and for people you *don't* know—that it's like a fragrant aroma coming before Him. If the heavenly fruit is like nothing we've ever experienced before, imagine what a heavenly fragrant aroma may be like! Take this time on the Intercession Bench to pray for others. Even if you don't know their needs...He does. Pray what comes to mind. He will receive your prayer as a fragrant aroma!

TRACK TWO

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One of the greatest benefits of being a faithful child of God is that He loves to communicate with us through our prayers. Proverbs 15:8 says, "The prayer of the upright is His delight." In 2 Corinthians 2:15 "we are the aroma of Christ to God," and in Revelation 8:4 we see where "the smoke of incense, with the prayers of the saints, ascended before God." God loves our prayers. Not only is He pleased to hear your needs, but He is also pleased to hear your concern for others' needs. He delights in this so much that His Sacred Garden includes a special provision, a special place, for this very purpose--**The Intercession Bench.**

El Shaddai...Elohim...Yahweh...the Great I AM, whichever attribute burst forth in your heart the majestic moment you entered the sacred garden...most likely you were left speechless! It was then that the Holy Spirit intervened on your behalf to help convey your deepest feelings to Jesus. When there aren't words and we simply don't know what to pray or say...the Holy Spirit intercedes for us.

Likewise, God wants you to intercede for others in their times of need. Are there people that come to mind who need God's help? You don't have to know them personally; He does. You may be aware of specific needs they have, or you may not. Either way, take their name to God and whatever comes to your mind about them as you pray on their behalf.

Why does it please God so much to answer these particular prayers? Well, for one reason, it goes against our human nature, which is largely self-centered, to intervene for others. When you faithfully intercede for others and take your focus off of self, it gives God an opportunity to increase your faith. Perhaps He will answer those prayers directly as you pray on one's behalf; perhaps He will give you the wisdom needed to be an extension of His hand and use you in that process. Either way, it is a double blessing. What a wonderful God we have!

The bible is full of passages that describe the power of Intercession. In one instance, Moses interceded on behalf of the rebellious Israelites just after they had made a golden calf as an idol to worship. The Lord's wrath burned against them and He wanted to consume them. But Moses prayed back the promises of God pleading that the Israelites be spared. The heart behind Moses's request was primarily to honor God's reputation and glory, and secondarily to spare the people. It was a prayer in alignment with God's will; the request was to increase God's glory. Moses prayed...and **"the Lord relented."**(Exodus 32:9-14) Scripture tells us Moses was a righteous man with a *unique* intimacy with God. You can have intimacy with God too. **Never underestimate the power of God's promises and your intercession through prayer. He listens!**

Consider others when you sit on the Intercession Bench with God. Your relationship with Him will be deepened as you make pleas for others. Listen to His response and act in faith if He chooses to use you as part of the answer to your intercessory prayer. Take time...and listen.