

# Intercessory Prayer

## THE CHURCH'S FURNACE

In 1976, St. Teresa of Calcutta founded a branch of contemplative sisters who would devote themselves to prayer and sacrifice to spiritually fuel the work of the active sisters who care for the poorest of the poor. In a similar spirit, we encourage parishes to gather around them a group of people who will serve the parish's evangelization efforts through the offering of their prayers, joys, and sufferings to God. Of particular power are the prayers of those who are sick and homebound who are especially close to Jesus through their sufferings. Consider inviting them to serve as the core of your intercessory team.

### HOW TO FORM AN INTERCESSORY PRAYER TEAM

1. Check with your pastor to see if and how he would like to proceed with developing an intercessory team for your parish's evangelization work.
2. Devise a plan for your prayer partnership: whom will you invite? what will be the specific intentions prayed for? how will you communicate with them and how often?
3. Invite your intercessors:
  - Work with Extraordinary Ministers of Holy Communion to have them explain this ministry to those who are homebound or in nursing homes and invite them to serve on the team.
  - Contact your parish's prayer groups or adoration chapel visitors and ask them to serve as intercessors.
  - Personally invite parishioners, friends, families and the children in your parish school or PREP program to serve as intercessors.
4. Collect the names and preferred contact information of your intercessors. Send your intercessors a monthly or quarterly communication listing specific intentions and initiatives to pray for.

### SAMPLE INVITATION TEXT

*The Intercessory Prayer Team exists to support [your parish here] through the ministry of prayer. By offering their daily prayers, joys and sufferings to God for our parish's outreach, our intercessors become true participants in the Church's great mission of evangelization. Your offering will become the spiritual furnace that fuels the active works of our parish.*

*Service as an intercessor is simple yet profound! There are no meetings to attend. You simply commit to offering a portion of your daily prayer and sacrifices to God for the parish's work of evangelization. Those who wish to serve as intercessors can contact [contact person here] at [email] or [phone] to register as part of the team. Once registered, we will send you specific intentions to pray for as you serve on the team.*

(See the next page for an example in English and Spanish.)



## *Office for the New Evangelization*

Archdiocese of Philadelphia

### *Intercessory Prayer Team for the Office for the New Evangelization*

Members of the Intercessory Prayer Team commit to offering one Eucharistic holy hour per week for these intentions:

1. That God's will will be accomplished through the Office for the New Evangelization and the Archbishop's Commission for Missionary Disciples.
2. For the conversion and holiness of all priests of the Archdiocese of Philadelphia.
3. For an outpouring of the Holy Spirit upon those who lead in our parishes.

#### *Your Commitment*

- Please make your holy hour in front of the Blessed Sacrament, either in the tabernacle or exposed in the monstrance. If weather or illness prevents you from getting to a church, you can make your holy hour at home.
- If you cannot make your holy hour one week, please try to find a substitute who can make the holy hour in your place.
- This commitment is for one year and can be renewed each year if you feel called to continue.

#### *Suggested Holy Hour Format*

Intercessors are free to structure their holy hour however they wish. However, here is a suggested format:

- I. **15 minutes:** Begin by making acts of faith and love to Jesus in the Blessed Sacrament and then spend time in silence allowing him to radiate His love upon you, mentally placing before Him the three intentions above.
- II. **15 minutes:** Spend 5 minutes on each prayer intention above, asking Jesus for the graces necessary for each intentions. Feel free to use particular prayers for this or just to use your own words.
- III. **30 minutes:** Pray the Rosary followed by the Litany of the Sacred Heart of Jesus or the Litany of Loreto

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## *Equipo de oración intercesora para la Oficina para la Nueva Evangelización*

Los miembros del equipo de oración intercesora se comprometen a ofrecer una Hora Santa de Adoración Eucarística a la semana por las siguientes intenciones:

1. Que la voluntad de Dios se cumpla a través de la Oficina para la Nueva Evangelización y la Comisión Arzobispal para Discípulos Misioneros.
2. Por la conversión y santidad de todos los sacerdotes de la Arquidiócesis de Filadelfia.
3. Por un derramamiento del Espíritu Santo sobre todas aquellos líderes en nuestras parroquias.

### *Tu compromiso*

- Por favor haga su hora santa frente al Santísimo Sacramento, ya sea en el tabernáculo o expuesto en la custodia. Si el clima o la enfermedad le impiden llegar a una iglesia, puede hacer su hora santa en casa.
- Si en algún no puede hacer su hora santa, intente encontrar un sustituto que pueda hacer la hora santa por usted.

### *Formato Hora Santa*

Los intercesores son libres de estructurar su Hora Santa como lo deseen. Sin embargo, les presentamos a continuación un formato recomendado:

- I. **15 minutos:** Comience haciendo actos de fe y amor a Jesús en el Santísimo Sacramento y luego pase un tiempo en silencio permitiéndole irradiar Su amor sobre usted, colocando mentalmente ante Él las tres intenciones anteriores.
- II. **15 minutos:** Dedique 5 minutos de oración a cada intención, pidiéndole a Jesús las gracias necesarias para cada intención. Siéntase libre de usar oraciones particulares para esto o simplemente use sus propias palabras.
- III. **30 minutos:** Rezar el Rosario seguido de las Letanías del Sagrado Corazón de Jesús.