

**Date** : 25 May 2025  
**Theme** : Prayer  
**Topic** : Unlocking the Power of Supplication and Intercession  
**Key Passage:** James 5:13-16  
**Key Verse** : The prayer of a righteous person is powerful and effective. James 5:16

Prayer is a rich and multifaceted way God invites His children to commune with Him. It includes worship, confession, thanksgiving, prayer of agreement, supplication and more. Among these expressions, supplication holds a unique and personal place. God has given us an untapped, hidden treasure – the power of ‘Asking’. It is like a treasure chest filled with wisdom, strength, breakthrough, and divine partnership—waiting to be unlocked. This is not just a promise of response, but a call to discover what human effort alone cannot achieve. James 5:16 declares that the prayer of a righteous person is powerful and effective. When we begin to open this treasure box through heartfelt supplication/intercession, we activate heaven’s resources and begin to receive what God has already prepared for us.

## 1. What is Supplication?

Supplication refers to **asking God to meet specific needs**. It has two components:

- i) **Supplication** - Asking God for our own needs.
  - ii) **Intercession** - Asking God for the needs of others.
- i) Supplication is earnestly asking God to meet specific personal needs.

It is a sincere, detailed and persistent cry for help – not based on merit, but rooted in confidence as God’s child. *Luke 11:9–13*

*Eg 1 Hannah’s desperate plea for a child was answered with the birth of Samuel. 1 Samuel 1.*

*Eg 2 Hezekiah’s earnest prayer led to 15 more years of life. 2 Kings 20:1-5*

*Eg 3: Before His arrest, Jesus earnestly prayed to the Father in Gethsemane, expressing His anguish and submitting to God’s will. Matthew 26:36-44*

Supplication includes asking for: provision, protection, healing, wisdom, strength – anything we genuinely need or desire in line with God’s will.

- ii) Intercession is standing in the gap to plead for the needs of others *Ezekiel 22:30*  
*“I looked for someone among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found no one.”*

- In ancient cities, walls represented protection. A gap in a city wall meant vulnerability. Spiritually, gaps represent sin, danger or crisis.
- To stand in the gap means to pray fervently and mediate on behalf of others, pleading for God’s mercy for those in spiritual need, danger or far from Him. We can save lives by standing in the gap.

*Eg Moses stood in the gap for Israel when they sinned with the golden calf. Exodus 32:11–14*

*Eg Jesus is the ultimate one who stands in the gap for us—our intercessor. Romans 8:34, Hebrews 7:25.*

Intercession is like being an advocate in a courtroom—pleading on behalf of someone who cannot defend themselves. We stand in the spiritual gap for those who are unaware, weak, guilty, or distant from God, appealing to Him for mercy and help.

## 2. Why should we ask for our needs and the needs of others?

### i) **Discover the power of prayer of supplications and intercessions**

Many believers have yet to tap into the full potential of prayer. When we understand God's heart and His promises, prayer becomes a powerful partnership with Him.

- God has made amazing promises—and invites us to claim them in prayer.
- God chooses to work through our prayers - He partners with us to accomplish His will. *Ezekiel 22:30*
- God longs for us to ask so He can reveal His plans *Jeremiah 33:3, James 4:2*

### ii) **Praying for personal needs deepens our walk with God**

God is not burdened by our requests—He is honoured by them. He wants us to bring everything, both big and small, into His loving care.

- God delights in giving us the desires of our hearts when we delight in Him.  
*Jesus: 'Ask and you will receive, that your joy may be full'. Psalm 37:4, John 16:24*
- “Nothing is too small” – He delights in every detail of our lives.
- “Nothing is too big” - He is the God of the impossible.
- “It is not selfish to ask” – We come as children to a personal Father, not just a distant provider.

### iii) **Praying for others releases God's blessing – in their lives and ours**

Interceding for others is a powerful act of love that not only releases God's grace into others' lives — it refreshes us too. *Proverbs 11:25, Luke 6:31*

- As we lift others in prayer, God lifts us – strengthening our faith, filling us with peace and aligning our hearts with His.
- Interceding for our community can shift the atmosphere – crime drops, and people feel safer, more united and hopeful.
- God is looking for someone to stand in the gap and save lives *Ezekiel 22:30*
- We have a responsibility to care for our neighbours, just as the Good Samaritan showed compassion and mercy.

## 3. How to unlock the power of supplication and intercession?

### i) **'ASK' – God's key to unlock His power and intimacy**

- **'ASK' unlocks God's power: It allows us to partner with Him in His great work**

*Genesis 18:22-33* Abraham interceded with God to spare Sodom if righteous people could be found there. *1 Kings 18:41-45* After three and a half years of drought, Elijah asked seven times for rain – it came.

- 'Asking' releases Heaven's resources and activates God's power on earth.
- It opens the way for God's compassion to triumph over judgment *James 2:13*.

- **'ASK' – unlocks and deepens intimacy with the Father**

- It builds relationship and dependence on Him. *Matthew 7:7*
- Aligns us with God's heart.
- Reveals God as a loving Father who cares, invites us to cast our burdens on Him *1 Peter 5:7*

## ii) How to engage in intercession? 2 Corinthians 10:4–5

- **Praying for others should not be treated as a natural battle – it is spiritual:**
  - a) Take your stand and recognise intercession for the unsaved as a spiritual battle:
    - Intercession breaks strongholds, shatter deception, and enforce Christ's victory. The lost cannot free themselves—they need our persistent, Spirit-led prayers.
  - b) Tear down strongholds through persistent prayer:
    - Intercession is like a demolition process—one strategic “blow” at a time. Ongoing prayer places spiritual “*explosives*” that break down resistance and deception.
  - c) Target and pray against the 3 parts of a stronghold:
    - Imaginations – Human philosophies and belief systems that distort truth
      - Pray for the Holy Spirit to remove these veils.
    - Lofty things/pride – Attitudes of pride that resist God's authority.
      - Pray for humility and surrender
    - Every thought – Temptations and Satanic strategies that keep people in darkness.
      - Pray to bind the enemy's schemes and declare victory.
- **Pray for Deliverance and Mercy**
  - God spared Lot because of Abraham's intercession *Genesis 19:29*
  - Moses saved Aaron from destruction through intercession *Deuteronomy 9:20*
- **Fasting and Prayer (involve others)**
  - Victory came when Moses, Aaron and Hur raised hands to the Lord while Joshua was in the battle *Exodus 17:8-13*
  - Esther asked Mordecai to have the Jews fast and pray on her behalf for three days and three nights before she went to see the king to plead for the lives of her people. The result was that a national crisis was averted, saving her people from genocide and securing their survival. *Esther 4:16*

### Application: Praying God's way:

#### 1) What to pray for self:

Go beyond asking only for daily needs. Embrace deeper, richer supplication that includes Godly wisdom, intimacy with God and Christ-like character. **Ask God for something 'big'.**

This opens the door to greater and fuller blessings and transformation. Tick the following:

- **Godly wisdom** ☐
- Creative ideas / business opportunity ☐
- Influence / favor in your sphere of workplace ☐
- Finances - to contribute significantly to the church building project ☐
- Powerful testimony for healing or breakthrough ☐

#### 2) Who to intercede for?

<b>The spiritually lost</b> Those who don't yet know God or reject Him or who are unaware of their deep need for salvation. Eg unsaved loved ones and friends.	<b>Names:</b> 1) _____ 2) _____ 3) _____
---	---

<p><b>The Spiritually Weak, backslidden, wayward and broken</b>  Believers who are struggling, have drifted away, or feel far from God.</p>	<p><b>Names:</b>  1) _____  2) _____  3) _____</p>
<p><b>The Sick, Suffering, or Spiritually Bound</b>  Individuals in crisis - those afflicted physically, mentally, emotionally, or under demonic oppression.</p>	<p><b>Names:</b>  1) _____  2) _____  3) _____</p>
<p><b>Kings, nations and Those in Authority</b>  <i>1 Timothy 2:1-2</i>  We are called to intercede during times of national crisis or moral decline.  Leaders influence directions of nations, communities, and even the Church.  Scripture commands us to pray for those in authority so that peace, justice, and godliness may prevail.</p>	<p><b>National leaders:</b> _____  _____    <b>Church leaders:</b> Pastors, Elders, Net leaders, cell leaders, mentors:  Names: _____  _____    <b>Family:</b> father &amp; mother</p>