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"In Luke 7: 6-9, A Centurion came to Jesus to ask for the healing of his servant. His great faith amazed Jesus.

What made the Centurion humble himself to come to Jesus and seek intercession for his servant? Let us define 'intercession' in Christian parlance. Intercession may be defined as "love on its knees in prayer for others". It is pleading to Father God on behalf of the needs of someone else. Another way of looking at intercession is standing in the gap for someone else

That is identifying with the sins and concerns of those we pray for, asking God's forgiveness and mercy on their behalf. Regardless of any definition, intercession simply means caring and loving someone else. This is the very reason why the Centurion humbled himself before Jesus.

The most important factor that touched Jesus was the Centurion great faith. It teaches us that intercession requires expectant faith. We must truly believe that what we pray for has already been answered. In Luke 11: 9-10, Jesus assured us that if we ask, we will receive; if we seek, we shall find; and if we knock, the door will be opened.

Knowing that the Lord will always answer our prayers, how can we be effective prayer intercessors?

Pope John Paul II in his book, Crossing the Threshold of Hope, said that we are able to pray because the Holy Spirit allows it. Therefore, the first step in effective intercession is to seek the inspiration of the Holy Spirit before we start praying.

Earlier, we defined intercession as standing in the gap for someone else, asking God's mercy and forgiveness. We simply cannot ask God's forgiveness for others, if we ourselves cannot forgive. So we must be reconciled with the Lord through the sacrament of reconciliation. We must be focused on the Lord.

In our community, we have the opportunity to intercede for others through our weekly Intercessory Prayers as prepared by the Intercessory Ministry. When we make petitions for prayer requests for ourselves and others, we simply let the Lord know our total reliance on His grace and mercy. The perfection of God is manifested when we totally surrender our free will.

Intercession can be one of the most exciting, creative and rewarding experiences in our Christian life. Although intercessors are not often publicly rewarded or recognized for their service, they are a vital part of any growing church and its ministry. Their faithful dedication to intercession creates a foundation that allows the Lord to work in mighty ways.