

# Imagining Intercession

*Consider using your imagination rather than words as a primary avenue of prayer. Here is a simple way to pray using imagining as a vehicle for “willing God’s will.”*

- Relax and breathe gently. Become aware of God’s presence, imagining it as radiant light and warmth. Allow this glory to fill your consciousness.
- When we are in God’s presence, we are not alone. We are there with all God’s children held in the divine embrace. Choose one of those children with need of healing body, mind, or heart.
- Lift this person into God’s light. Visualize divine love bathing the person and gently penetrating defenses, dissolving pain, or cleansing wounds. Use any images that seem appropriate: dark becoming light, ice melting, confusion ordered.
- See the person in a state of wholeness in God’s light; newly created, fresh and beautiful as seen through the eyes of divine love.
- Ask God that this beauty be fully realized according to God’s design for this person.
- Thank God for whatever gift of healing is given. Release the person into divine care until you pray again.

This exercise can tutor you to use your imagination more actively in other prayers: visual restored relationships or “see” old animosities dissolve. You are not trying to manufacture results but envisioning with God the restoration of creation.

***Take a moment to explore our intercessory prayer wall on our website: <https://www.cofumc.org/prayer>***

We believe prayer is powerful and with John Wesley, the founder of Methodism, “God does nothing but in answer to prayer.”

Did you know that every week, we publish the prayer needs of the community in our bulletin?

Did you know that you can submit prayers 24 hours a day through our website? These prayers are then shared with a small team who intercede to the Lord on the requestor’s behalf.

*They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers. Acts 2:42*

*Rejoice in hope; be patient in affliction; persevere in prayer. Romans 12:12*

*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Ephesians 6:18*

*Therefore confess your sins to one another and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. James 5:16*

