



# *The Intercessor and Rest*

~The 23rd Psalm~

*By Tonda Henry*

### *What is Intercession?*

Intercession is the act of praying to God on behalf of someone else, intervening to seek God's mercy and intervention. It is a spiritual act of "stepping into the gap".

Who is called to Intercessory Prayer?

Everyone is called, but very few say "Yes" and become chosen. We are not just called to be intercessors. We are called to be His Intercessor. His will be done.

### *Who taught us how to pray?*

#### **Luke 11:1**

And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

#### **Matthew 6:9-13**

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

**What first person pronouns are not included?**

**Who is our and us?**

**What else do you notice?**

#### **Examples of Jesus' Intercession**

Luke 23:34

John 17

Hebrews 7:25

## Commands and Exhortations to Intercessory Prayer

1 Timothy 2:1-2,

Ephesians 6:18

Matthew 5:44

James 5:16

## The Role of the Holy Spirit in Intercessory Prayer

Romans 8:26-27

*Intercessory Prayer can weaken, drain, stress, and cause harm to the physical body*

### 2 Corinthians 4:10-12

Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

So then death worketh in us, but life in you.

### Isaiah 53:12

Therefore will I divide him a portion with the great, and he shall divide the spoil with the strong; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors.

### Daniel 10:8

Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength.

**God WILL partner with us and lead us in Intercessory Prayer, but He WILL NOT partner with us in abusing our bodies!!!**

When asked to speak to the Hawaii District WNOP Morning Prayer Team on the Intercessor and Rest, and after seeking the Lord, the Master of Intercessory Prayer, He directed me to the 23rd Psalm which is a beautiful picture of Rest and the life of the Intercessor being fully led, directed, and guided by the Good Shepherd.

The Lord is my Shepherd

## *The Lord is my Shepherd*

*"The Lord is my Shepherd; I have all that I need." ~ Psalm 23:1 NLT*



"After he has gathered his own flock, he walks ahead of them, and they follow him because they know his voice. ~ John 10:4 NLT

Following the leading of The Shepherd's Voice is the "Key" to living in Rest. God's Rest has everything to do with His Will and being in full agreement with Him. This denotes obedience, submission, and abandonment of self. True Rest is experienced when one lives their life in light of The Creator's Plan, Destiny, and Purpose for their own life. Each individual has their very own business that has been given to them by the Father. Luke 2:49 AMPC, states, "And He said to them, How is it that you had to look for Me? Did you not see and know that it is necessary [as a duty] for Me [a]to be in My Father's house and [occupied] about My Father's business?"

[a] Literally, "in the things of My Father."

*Jesus was able to do the Father's Business because He prayed and was led by the Spirit.*

*1 The Lord is my shepherd; I shall not want.*

*2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.*

These are the ways of the Kingdom. God makes provision for His Flock. We have everything that we need. - "For the kingdom of God is ... **righteousness, and peace, and joy in the Holy Ghost.**"

~ Romans 14:17

*4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*

This is intercessory prayer - The valley of the shadow of death. Intercessory Prayer and Spiritual Warfare could be scary, but its not because He is doing the leading and He is with us, in us and working through us. The valley can be a place of death if you're not being led by the Spirit.

*5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

This is the rest and refreshing that comes after and sometimes during our prayers time. Jesus invites us to "Come" in Matthew 11:28-30

28 Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will [a]ease and relieve and [b]refresh [c]your souls.]29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest ([d]relief and ease and refreshment and [e]recreation and blessed quiet) for your souls.30 For My yoke is wholesome (useful, [f]good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.

*6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.*

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