THE INTERCESSOR'S *prayer life* WORKBOOK

The Burden & The Bridge: A Guide for Women Called to Stand in the Gap

THE Feisty Faith PODCAST

Companion to Episode 7 of The Prayer Life Series

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The *Call to Stand* in the Gap

There's been an increased stirring in the Spirit—a holy unrest—calling intercessors to rise up and pray over their families, their region, and their land.

Maybe you've dismissed it, thinking you're just "too emotional", "too sensitive," or "too busy". But I don't believe this is random sensitivity—there's a divine invitation that's been brewing over the land. The Father is calling you into partnership with His heart.

Jesus modeled this kind of intercession perfectly. He carried the weight of sin, yet never confused identity with burden. He wept, but didn't drown in sorrow. He discerned without suspicion and stood in the gap without losing Himself in the fight.

While I am very aware we are not Jesus, through the power of the Holy Spirit, this is the kind of intercessor the world needs right now—healed, discerning, rooted in identity, and walking in authority.

The Body of Christ doesn't just need more prayer; it needs a **pure prayer**.

It needs watchmen who don't burn out.
It needs voices who know how to weep and war.
It needs women who discern rightly, love deeply, and stay grounded in Jesus.

Scripture Meditation

Ezekiel 22:30

"I looked for someone among them who would build up the wall and stand before me in the gap..."

Ask the Holy Spirit to show you what "standing in the gap" looks like in your life right now.

Called to Carry

Recognizing the Call You Carry

Which of these describes your current prayer life or spiritual experience?

- [ ] I often feel a deep spiritual burden for people, places, or situations.
- [ ] I sense things others miss—atmospheres, emotions, or shifts—and don't always know what to do with them.
- [ ] I've seen God move in response to quiet prayers no one else knew about.
- [ ] I'm unsure how to separate what's mine to carry from what belongs back in God's hands.
- [ ] I sometimes confuse discernment with worry or suspicion.
- [ ] I long for clarity about my intercessory role and what season I'm in.
- [ ] I've carried a vision, injustice, or calling that feels too heavy to hold alone.
- [ ] I crave deeper rest and safe community for my spiritual sensitivity.

What Kind of *Intercessor* are you?

Each type reveals a unique reflection of God's heart. Take some time to reflect on the story God has been writing in your prayer life and what he is saying about the unique way he has designed you to carry His heart in this hour.

1. The Compassionate Intercessor — Moses & Hannah

- Feels deeply and prays with empathy.
- Intercedes for healing, mercy, and reconciliation.
- *Exodus 32:11–14, 1 Samuel 1:10–18, Psalm 34:18.*

2. The Prophetic Intercessor — Elijah & Anna

- Discerns God's timing and contends for His will.
- Intercedes for revival, repentance, and alignment.
- *1 Kings 18:36–39, Luke 2:36–38, James 5:17–18.*

3. The Apostolic Intercessor — Nehemiah & Paul

- Prays with structure, strategy, and vision.
- Builds through prayer and covers leadership.
- *Nehemiah 1:4–11, Ephesians 1:16–19, Colossians 1:9.*

Ask:

Which intercessor type am I most like right now?

Where might God be expanding or stretching my intercessory role?

Discernment check

Discernment is pure; suspicion is polluted.
One flows from the Holy Spirit; the other from fear or pride.

Ask yourself:

"Am I discerning with love, or diagnosing with judgment?"

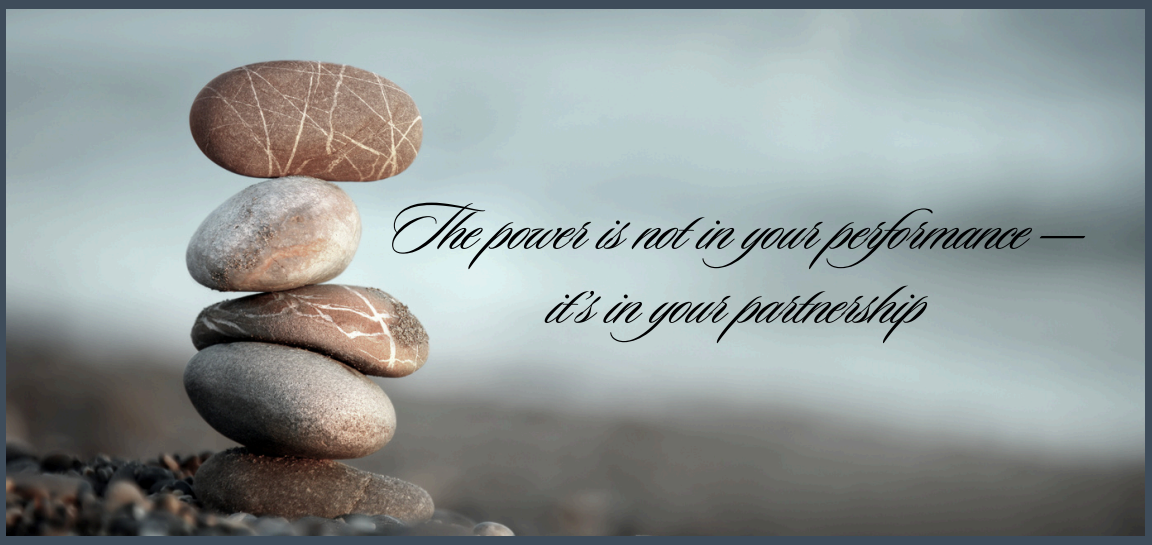
If you've confused the two, pause. Ask the Lord to purify your lens.

If you need more time in this area, write a prayer to release what's not yours to carry or for God to align your heart with his.

Then, next to it, write a single word that describes what God wants to give you in exchange (e.g., peace, rest, clarity, trust).

My Release	His Exchange

You are still the right woman for the job.



Pray

Father, thank you for inviting me to partner with Your heart.
Teach me to intercede from a place of identity, not insecurity.
When the weight feels heavy, remind me to release it back to You.
Burn away the fear, irritation or critical heart that doesn't allow me to see your daughters or sons the way you want me to cry out for them. In place of that, fill me with your holy discernment.
Anchor me in Your love so that my prayers carry Heaven's compassion and power.
Use me to stand in the gap—whole, healed, and humble.
In Jesus' name, amen.