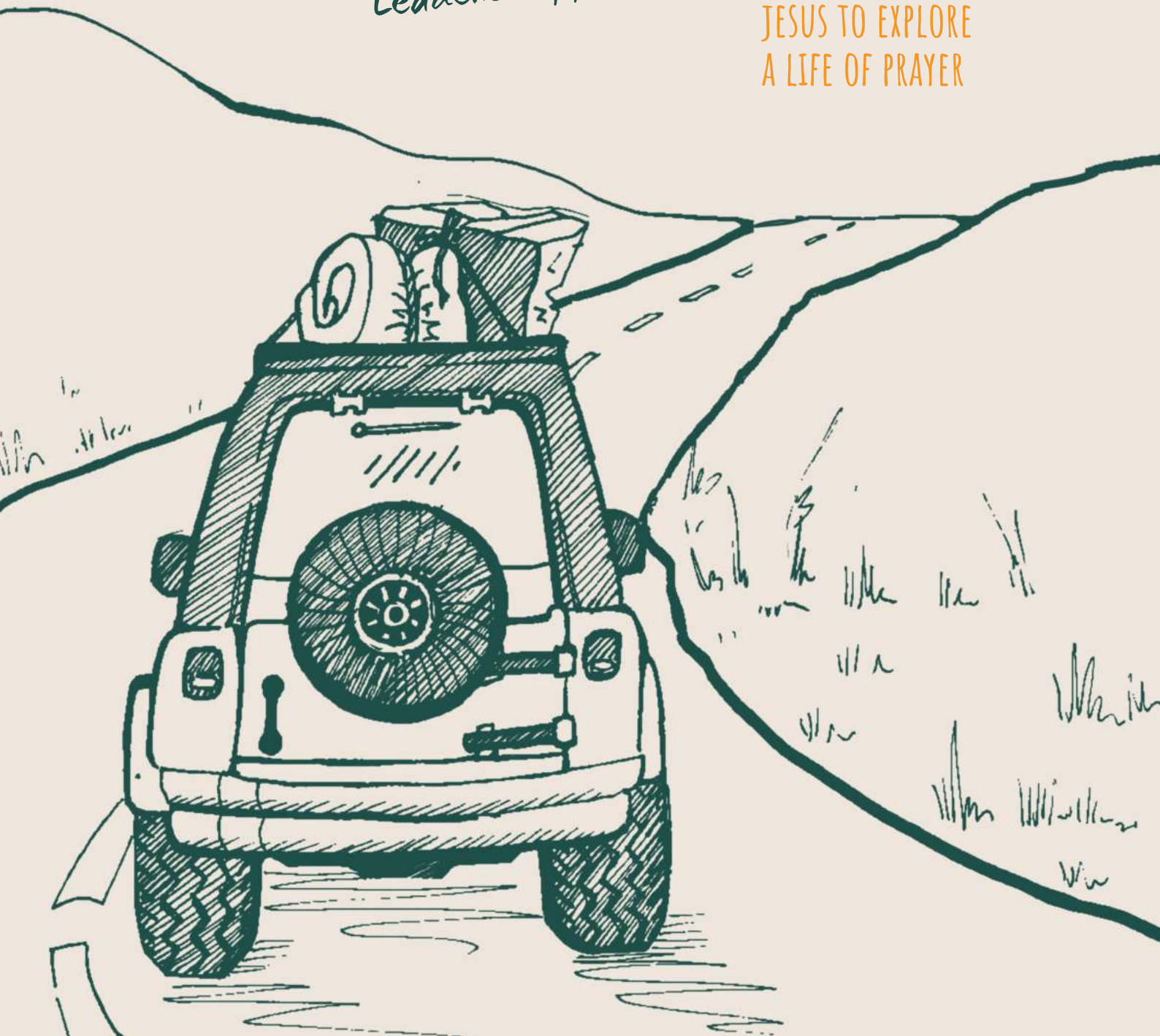


LYNDAL J WALKER

INTIMACY, INTERCESSION, AND INCREASE

Leaders Supplement

AN ADVENTURE WITH
JESUS TO EXPLORE
A LIFE OF PRAYER



RECOMMENDATIONS FOR INTIMACY, INTERCESSION AND INCREASE

“This journey will take you to new places, to exciting mountain peaks, to incredible views, to pristine valleys. You will not be the same at the end of this adventure!”

- Dave Brereton, YFC International Director

“Intimacy, Intercession and Increase is a devotional that not only informs, but will lead you into a depth of prayer unlike that of before. With its simple, holistic and applicational approach you will be left wanting more. All I can say is that, be ready to encounter God each day! Having done this with a youth team, I cannot recommend this book more highly. ”

- Liam Jarrot, Youth Minister at One Community Church, Australia

“I cannot more highly recommend”

- Jordan Whitmer, CEO and Founder of HowToLife Movement, USA

“It’s absolutely transformed my relationship with God”

- Bethany, 17 year old from Australia

“This is indeed a transformational and life-changing guide, not just for young people, but for any and everyone who desires to know God intimately and be a relevant force in the end-time harvest of souls. Lyndal illustrates the relevance and connection of scriptures and prayer in the spiritual formation and empowerment of a believer. This is therefore a highly recommended resourceful tool in the discipleship and spiritual development of young people. Use it to enhance your personal intimacy with God, as well as your effectiveness in helping others grow in their life-long pursuit and relationship with Christ.”

- Sola Imoleolu, YFC Nigeria National Director and West Africa Regional Director (Anglophone)

INTRODUCTION

Hello friend and fellow journeyer

You are reading this because you have a passion for discipling young people and you see prayer as a vital part of that discipleship! I want to begin by thanking you for investing into the life of a young person. The time, energy and effort is well worth it.

If you haven't read through Intimacy, Intercession and Increase, including looking up the scriptures and meditating on the reflection questions, then that is your first step. It is available on book selling sites such as Amazon and Apple Books in ebook or paperback. Or you can contact YFCI at j17devo@yfc.org to inquire the best way to get a copy in your area. Having undertaken the work yourself, you will be in a much better position to guide a young person through the process. I promise you, it is a journey worth investing time into. You are setting yourself up for a lifetime of walking intimately with Jesus if you are willing to open your heart and mind to discovery by slowly going through this devotional. To make the most of it, try to do one devotional per day for the month and take time to practice some of the 'tools for intimacy'. If things are new to you, spend extra time meditating on those scriptures and don't be afraid to ask questions, either to a mentor, to me or of course, Jesus Himself!

If you would like to hear some other recommendations by people who have read the book visit my website, lyndalwalker.com, and watch a promotional video .

Here are some steps you can take to guide a young person through this devotional journey:

- Pray for the young person/people you are discipling. Pray that their hearts will be open and ready to receive all God has for them through this journey. Pray that their ears will be ready to hear.

- There are a variety of ways you could organize to work through the book with the young person/people you are discipling. You may set up a weekly get-together or video call. You may have a 'chat' on an App where you ask questions at the end of each day or each week. It could also be a hybrid where you get together in person once every couple of weeks and over a video call at other times. Pray about what works best for your context and the time commitment you have.

- Read through the supplemental comments and questions for each day before your time with the young person. You may like to come up with some of your own questions for that day too. Consider which questions would be appropriate to ask the young person.

- Begin each session with your young person asking what stood out to them from the scriptures they have been reading. Ask them to share from their reflection times what Jesus has been teaching them and challenging them with. They may not want to share certain things so don't push them if they don't want to. Make sure you are creating a safe environment for the young person so they know they will not be judged or shamed for anything they share. Be open and vulnerable yourself as this will encourage vulnerability in them.

- You may like to have a celebration time and debrief when each of the three sections are complete, such as taking them out for a meal, going on an excursion, or whatever the young person may enjoy doing together with you.

The Holy Spirit is your best guide on this journey with a young person, so I encourage you to press into your own intimacy with God, seeking Him for how He wants to lead this young person through you.

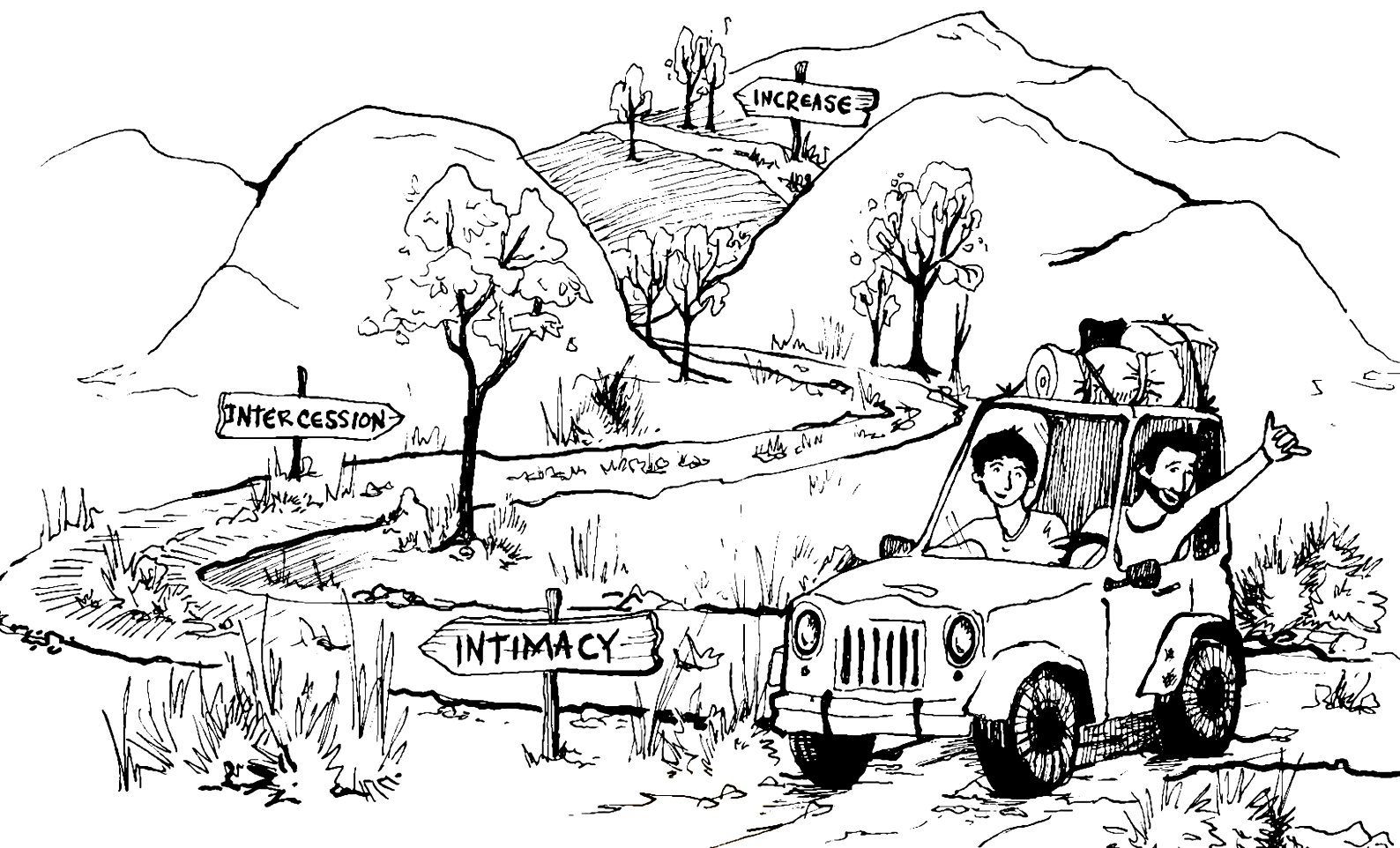
May you know His ever loving presence with you.

In Him,

Lyndal Walker (Feb 2023)

SUPPLEMENTAL

Notes



DAY 1 - INTIMACY, INTERCESSION AND INCREASE

On day one, I say Intimacy, Intercession and Increase basically sum up the Christian life.

Questions:

- Have you invited Jesus to come fully into your life? Or another way of saying it, have you fully surrendered your life to Christ, or do you want to keep control of certain aspects of your life?
- What are some obstacles standing in the way of being fully surrendered to Jesus?

DAY 2 - KNOWING GOD

Jesus says in John 17 that eternal life is to know the only true God.

Question:

- How have you viewed eternal life up until this point in your life?

In the 'Act' section (edition 2) you were encouraged to make a list of things you would like to get to know about God.

Questions:

- Did you make that list?
- Do you need help with finding out how you will go about working through this list?
- What one thing from your list would you like to look into?

If they have picked something from their list, check in with them during the week to see how they are progressing.

DAY 3 - KNOWING GOD AS FATHER: JESUS

The 'reflect' section of this day could be difficult for the young person you are discipling, depending on what kind of father they have. Be sensitive to the young person's experiences with their father or lack of a father. If the young person has had a very traumatic experience with their father, you may need to refer them to counseling. Be aware of your own capacity to deal with the issues the young person may be facing.

Question:

- Why do you think it's important that Jesus truly knew the love and pleasure of His Father? Or another way of saying it, why do you think God affirmed Jesus as his beloved Son?

In the 'Act' section, the reader was encouraged to write down how they currently view God. If the young person is open, ask them to share what they wrote.

DAY 4 - KNOWING GOD AS FATHER: US

Following on from yesterday, the reader continues to explore their view of God as Father. Again, for some readers this may trigger emotions in them if they have had a challenging relationship with their father.

Question:

- What is your father like? Ask the young person to name some positive things about their dad as well as some of the things they may struggle with. If they have trouble coming up with positives, try to use some prompts to help them to come up with some positives, eg. Do you have food and shelter? Who pays for that? What is one kind thing your father has said or done?

The day finishes with "If you have had a challenging relationship with your earthly father, why don't you go to your heavenly Father and ask Him what you should do about it?" If you feel led, you could suggest that you both seek the Lord together about what to do with these challenges and see if you can come up with any ways of helping the young person through the challenges.

Story from life - How great the Father's love

In the 'Act' section, the reader is encouraged to write about their own journey with their earthly father. If they aren't into writing, you may suggest that they tell their story in a creative way, for example, video, creating a piece of artwork or even a song. They were also encouraged to see if anything came up for them in doing this activity, e.g. needing to forgive, needing to say sorry, needing to say thank you.

Ask the young person what came up for them. Ask them what they are going to do about it. You may also like to suggest you will keep them accountable for what they are going to do and follow up with them the next time you meet.

DAY 5 - KNOWING JESUS AS FRIEND

You may begin by asking the young person about their own earthly friendships.

Questions:

- How many friends do you have?
- Who would you consider your closest friends?
- What do you like about them? Can you trust your friends? Etc.

Jesus said that there is no greater love than to lay down one's life for one's friends (John 15:13).

Question:

- Would you be willing to die for one of your friends? You may like to make this more relatable like, would you take the blame for them if they committed a crime? Would you stand in the way if someone wanted to hurt them? Etc. Help them to see the great love that Jesus has for us, his friends.

In the 'Reflect' section, the reader is challenged about trusting Jesus as a best friend. Ask them how it went with finding verses about how trustworthy God is. If they have struggled, you may like to go through verses with them and ask which ones stood out to them. You may also encourage them to memorize one of those verses.

Here are a list of verses that you may also like to consider and share with them:

Exodus 34:6

And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

Deuteronomy 7:9

Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

Joshua 23:14

Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the LORD your God gave you has failed. Every promise has been fulfilled; not one has failed.

Psalms 36:5

Your steadfast love, O LORD, extends to the heavens, your faithfulness to the clouds.

Psalms 91:4

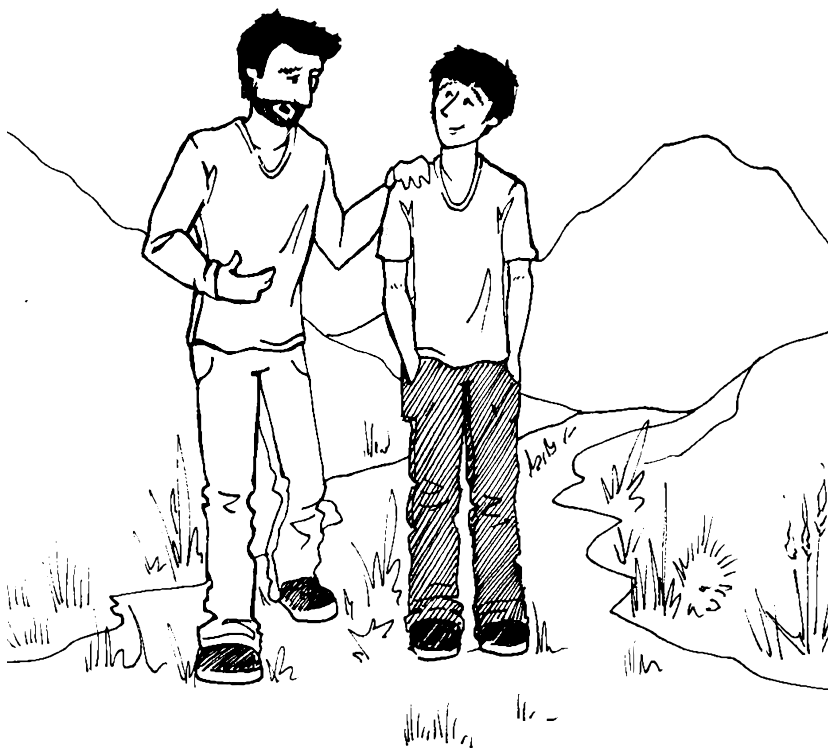
He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

Lamentations 3:22-23

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness

1 Corinthians 1:9

God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.



DAY 6 - KNOWING THE HOLY SPIRIT

You may like to explore with them how they have viewed the Holy Spirit up until this point in their life. They may have had experience with demonic spirits and you could talk about how Satan often disguises himself as an angel of light (2 Corinthians 11:14) and is a counterfeit spirit (there is more about the demonic on Day 27). For example, many people are into 'spirit guides'. How can they tell the difference between a counterfeit spirit like this, and the Holy Spirit?

DAY 7 - A TWO-WAY CONVERSATION

Today we talk about how listening implies following. When we listen to God and follow His ways, we are walking in faithful obedience to Him. If we aren't good at following earthly authorities, then it may also prove to be a challenge to follow God's voice in our lives. Have a discussion with the young person about how they are with listening and following earthly authority, such as parents, teachers, police. If they struggle with this, then explore why this may be the case. Again, if need be, refer to a counselor.

DAY 8 - TUNING IN TO GOD'S VOICE

Tuning into God's voice can be easier for some than others. Encourage them to do the 'Act' activity and then ask them how it went. If they felt like the Lord didn't speak at all, explore what it was like for them. Encourage them to continue to intentionally take time out to be with God, even if that's doing something 'active' such as going for a hike or bouncing on the trampoline! Follow up with them periodically to see what progress they are making. Encourage them to share what they sense God has been saying to them, even if they are doubtful that it's from Him. The more they practice, the more they will be able to 'tune in' to His frequency.

DAY 9 - IS THAT YOU GOD?

Today is a very short introduction into the way God speaks to us. Some young people may have been taught that God doesn't speak directly to us today. This chapter may challenge how a young person has been taught by their family or church. Use it as a discussion starter, and don't push them where they don't feel comfortable. But you may like to look up some of the instances in the Bible that share about how God spoke to different people. Feel free to open up about your own experiences as testimony is powerful and will get a young person thinking about new possibilities for themselves.

You could ask them some questions such as:

- How have you experienced God speaking to you in the past?
- Is there a certain way God seems to speak to you more than others?
- What do you do if you get confused about whether it is God or not?



DAY 10 - ARE YOU A TRUSTWORTHY FRIEND?

It truly is amazing that God calls His disciples friends and that He wants to share His secrets with His friends. Explore with the young person what good friendship looks like.

Questions:

- What makes a good friend?
- How do you know if someone isn't being a good friend?
- What kinds of things make a friendship flourish?

I wrote a blog in 2020 on friendship killers and builders. You may like to read them together and then discuss.

[Let's be friends Part 1 - Friendship Killers](#)

[Let's be friends Part 2 - Friendship Builders](#)

If they find it hard to keep confidentiality when their friends ask them to, you may like to explore some strategies with them for being able to keep things confidential. For example, perhaps it would be helpful for them to journal to God about it, or write down the secret and tear it up into little pieces. Maybe you can do some research together in this area for helpful tips and tricks.

Tools for Intimacy: Prayer Practice

In this section, there are some practical ideas for ways to build intimacy with God. I suggest you encourage the young person to do one of these activities at least once each week, for example, week 1 - Journaling, week 2 - Prayer walking, week 3 - hanging out, week 4 - Lectio Divina, week 5 - gospel contemplation, week 6 - worship and prayer. After they have done each of these activities at least once, ask them which ones they preferred and why. You may like to do it as well so you can share with them your own experience.

AT THIS POINT YOU MAY LIKE TO DO A CELEBRATION ACTIVITY

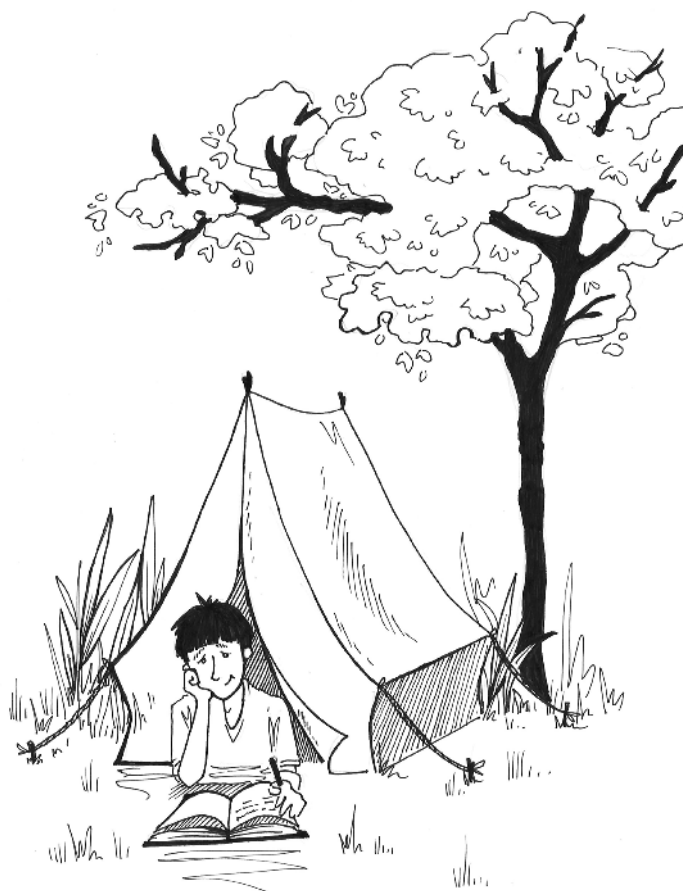
DAY 11 - INTERCESSION: A GET-TO

In the 'Reflect' and 'Act' section today, the young person is asked to consider whether their view of prayer is changing as they go on this journey. They are asked to write down what they have learned about prayer on their journey so far and how that may be different to when they started out. Ask them what they wrote about and also share with them what you have learnt about prayer over the years. Has your own view of prayer changed from when you first became a Christian? Don't be afraid to be vulnerable and tell them that you are always learning too.

DAY 12 - WHAT'S IN THE POWER OF A NAME?

Today we are talking about how the name of Jesus carries authority. You may like to begin by asking the young person if they know what their own name means and if their nature reflects any of that meaning. If they don't know, perhaps you could investigate the meaning of their name together.

Explore with them their idea of authority.



Questions:

- What do you think authority means?
- What kinds of experiences have you had with people in authority in your own life? Good, bad, indifferent?
- How is the authority of people on earth different from God's authority?
- Do you trust authority? Why or why not?

You may like to get them to do a practical activity to demonstrate how the authority of Jesus flows through to us by staying connected to Him, for example, draw a vine and its branches and fruit and indicate which part He is and which part they are (John 15).

DAY 13 - FIRST OF ALL...

There are so many different things we can pray for that it can be overwhelming to know where to start! Of course, scripture is always the best place to start and here we have direct encouragement from Paul to Timothy about what to pray for. Encourage your young person to complete the 'Act' section of today, finding out the names of local government officials. You may like to pray with them for these people on a semi-regular basis.

Ask them to consider for themselves what is really on their heart to pray about too, whether it be a family member, a friend, a situation at school, etc. Praying together with the young person will help give them practice praying in the presence of another person and to build confidence in them. Encourage them that they don't have to have eloquent words, or pray the way others do, but just pray from the genuineness of their heart and the needs they have at this time.

DAY 14 - PERSISTENT PRAYER

Unanswered prayer, or seemingly unanswered prayer, can be one of the greatest barriers to persistence in prayer. Help the young person to see that prayer ultimately is about our relationship with God and surrendering to His will. Share with them any stories that you have of times when you had to pray for extended periods of time, even years, before you saw any change in a situation. Share with them how you continue to be faithful in prayer, even when you feel like giving up.

Ask them who it is they will commit to praying for persistently over the next 6 months. Check in with them on occasion to see if they are keeping to their commitment and ask them what God is doing in that person and in them.

DAY 15 - PRAYER OF THE RIGHTEOUS

Righteousness is a whole study in itself but here the point is to help the young person see that when they were born again, they indeed became the righteousness of God by faith (2 Corinthians 5:21). This can lead into a discussion about our identity. What does the young person believe about themselves? For example, do they believe they are no good, they are sinful, they are unloved? What is the truth about how God sees them? You may look at verses together that show how God sees them. This list was taken from Mark Greenwood's book, *Awake to Righteousness*, pages 77 and 78. There may be more that you'd like to add yourself.

- I have partaken of the divine nature (2 Peter 1:3)
- I am a new creation (2 Corinthians 5:17)
- I once was darkness but am now light in Him (Ephesians 5:8)
- I have become the righteousness of God in Christ (2 Corinthians 5:21)
- I was translated from the domain of darkness into the kingdom of His love (Colossians 1:14)
- I am filled with the fullness of God (Colossians 2:9)
- I am dead to sin (Romans 6:2, 7 and 11)
- I am free from sin (Romans 6:7, 18 and 22)
- I am born of God (John 1:12-13)
- I am reconciled to God (2 Corinthians 5:18; Romans 5:10)
- I am regenerated (Titus 3:5)
- I am redeemed (Colossians 1:14)
- I am holy, blameless and above reproach before Him (Colossians 1:22)
- I am forgiven (Colossians 3:13; Ephesians 4:32)
- I am perfected (Hebrews 10:14)
- I am purified (Titus 2:14)
- I am currently seated in the heavenly places in Christ Jesus (Ephesians 2:6)

Ask them how it went with the 'Reflect' and 'Act' section.



DAY 16 - YOU'VE GOT TO HAVE FAITH

I find the story of Bartimaeus utterly compelling (Mark 10:46-52, also Matthew 20:29-34 and Luke 18:35-43). Bartimaeus had heard of this One who had been going around healing the sick and wanted to get in on the act. He was not shy at all in crying out to the passing Jesus. I can imagine him crying out as loud as he could to get heard above the noise of the crowd. He must have been so ecstatic when Jesus stopped for him. I find it fascinating that Jesus asked Bartimaeus what he wanted Him to do for him (v 51). I would have thought it would have been pretty obvious to Jesus. I see this story, not only as an example of the compassion and healing power of Jesus, but as an example of how we can have permission to cry out to Jesus when we have a need in our life. Bartimaeus had faith that Jesus could do for him what he did for others. As you ask the young person what impossible situation they may be facing in their life right now (the 'Act' section of this chapter) you may like to read and discuss the story of Bartimaeus with them first. Growing a young person in their faith is about helping them have confidence that what Jesus can do for others He can also do for them.

Ask them to share with you how they see God answering their prayers to the seemingly impossible situation in the weeks to come.

DAY 17 - CORPORATE PRAYER: AGREEMENT

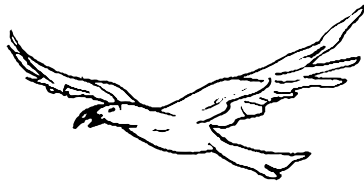
Beginning to pray with others in a corporate setting may be a big step for a young person, depending on their personality. Be sensitive to where the young person is at.

Questions:

- Have you prayed with others in a group before?
- What experiences have you had praying with others?
- Do you like praying in group settings?
- What do you find encouraging about praying with others? What do you find a challenge?
- What do you think about the stories you read in the Bible about what happened when people gathered to pray together?

Share with them any stories you have about corporate prayer and your own experience. Gently encourage them to think about how and who they may connect with in prayer, whether it be a local youth group, some friends or family members, or even a local YFC chapter.





DAY 18 - DO YOU NEED TO SAY AMEN?

Today is a continuation of corporate prayer. If you aren't already doing so, begin to pray with your young person so that they can start gaining the confidence to pray out loud. Ensure them that they won't be judged by the kinds of words they use, but encourage them to pray in a real and authentic way. Build on this each time you meet with them. They may only be able to start with a short prayer but hopefully by the end they will have the confidence to pray much more in a gathering.

DAY 19 - PROPHETIC PRAYER

Ok, so I'm biased, but prophetic prayer is what I enjoy most! This really follows on from the voice of God chapters (day 8 and 9) and the fact that God wants to speak to us, including in what and how to pray. In the 'Act' section for today, they are encouraged to find someone they can practice prophetic prayer with. You may be a willing practice partner. If they feel like they aren't hearing God in what to pray for, encourage them that He can speak differently to each one of us. As in the reading in Acts 9 today where Ananias was told by the Lord in a vision to go and pray for Paul. They may not have a word come into their mind or see a vision or a picture in their mind, but they may just have a 'sense' of what to pray for. Encourage them with small steps and that really, if their aim is to be obedient to God, they can't get it wrong!

DAY 20 - A HEAVENLY VISION

Today's focus is on how worship and prayer are a natural fit from the picture that John gives of the 24 elders worshiping Jesus in heaven. In the 'Act' section, the young person is encouraged to worship the Lord with some of their favorite worship music and to allow intercession to arise from that place. A young person may feel they have no talent in singing, and some may even hate it if they feel like they are no good at it. Again, taking small steps is good and encouraging them that God doesn't care about what they sound like, but their heart attitude towards Him. You may even like to 'sing badly' with them for some fun and have a bit of a joke to lighten the mood. Even those who are good singers may have trouble singing out loud because of lack of confidence. Tell them to go into their room and close the door, when nobody is home, and play the worship as loud as they can and then sing...it may help them grow in confidence if they can't hear their own voice as much. Some young people may not have any access to devices that they can play worship music on. Of course, God doesn't need 'music' for us to sing praises to Him.

DAY 21 - WHAT ABOUT THE LORD'S PRAYER?

The Lord's prayer may be very familiar to some young people and very unfamiliar to others, depending on their background and upbringing. If you are working with someone to whom it is very familiar, ask them if they have really considered what the words are saying. Like in the 'Act' section for today, work through the Lord's prayer with them slowly, putting the prayer into their own words. For example:

Lord's prayer: "Our Father in heaven, hallowed be your name."

Your prayer: Thank you that I can call You Father and that You are a good Father. I lift up Your name above all other names and declare that You are holy and righteous. There is none like You.

Lord's prayer: "Your kingdom come and your will be done, on earth as it is in heaven."

Your prayer: Lord, there are many things on this earth that don't line up with Your will. May You have Your way in my heart first and foremost. May I live out Your will for my life. May You reign and rule in my life and in this world.

Continue on until you have finished.

This can also be done with someone who is totally unfamiliar with it too. The point is that we don't necessarily need to say it by rote, but we can use the pattern of prayer to model our own. Honoring God for who He is is always a great place to start in prayer!

AT THIS POINT YOU MAY LIKE TO DO A CELEBRATION ACTIVITY



DAY 22 - THE STONE THAT BECAME A MOUNTAIN

Today's topic really sets ourselves in God's big picture plan of reconciling all things (Colossians 1:2). I love the prophecy in Daniel 2 about the different kingdoms that will rise and fall and then the kingdom that will never be destroyed or conquered coming (v44). In retrospect, we can see the outworking of this prophecy as Babylon was conquered by the Medo-Persian Empire in 539 BC, then the Greek Empire took over in 331 BC, followed by the Roman Empire in 63 BC. And we know that it's during the Roman Empire that Jesus was born, lived, died and rose again. Here is a simple graphic from the teaching I did.





Taking your young person through some of this historical background is important as it really shows how trustworthy God is in fulfilling His plan for history and that His kingdom is what is sure and eternal. If you would like to delve deeper into this topic, there is a great little book called “The Stone that became a Mountain” by Richard Bewes. Or you can access a teaching I did on this topic at a “Jesus School” in Melbourne, Australia, [here](#). Any good study bible will also give you some of the historical information.

DAY 23 - I HAVE THE POWER

This chapter follows on from the identity piece of knowing who we are in Christ. And part of knowing who we are in Him is knowing the authority to go make disciples because of His authority in us. It can be very intimidating when we are first learning to step out in this authority, reaching out to people in love whether it be praying for them or serving them, or sharing the good news. If the young person is lacking confidence, you may like to offer to go with them to pray for someone or serve someone, as advised in the ‘Act’ section. If the young person is still under parental/guardian care, get their permission to go together. Or if you are a leader in a youth group, you may like to arrange for a group of young people to go and serve together somewhere and make it a regular part of your program.

DAY 24 - PRAYER AND EVANGELISM

We are not all gifted evangelists, but we are all called to evangelize, which in its simplest meaning is to share the good news of the Kingdom of God. There are many simple evangelism tools out there and, at this stage, you may like to introduce your young person to some of them. You may also have your own that you use on a regular basis that you can share, but if you need a starting point, you could look at the tools Youth for Christ Australia has put together on their website <https://www.yfc.org.au/tools>. I also encourage you to ask your own local Youth for Christ center for some evangelism equipping tools if you have YFC in your nation.



DAY 25 - PRAYING FOR HEALING

We come to a topic that is not an easy one to address as it has so many emotional connections for people. There are many unanswered questions this side of heaven, but Jesus prayed constantly for the sick and asked His disciples to do the same, so we also must follow His example and walk as obedient disciples.

Questions:

- Have you heard any stories about people being healed after being prayed for?
- Have you prayed for anyone who has been sick? What happened in the end?
- What questions do you have about healing?

If you would like some great examples of people who have been healed after prayer, check out The [Normal Christian Life](#) Youtube Channel.

Help the young person see that it's an act of obedience to pray for the sick, rather than focusing on the outcome. As mentioned in the 'Act' section of chapter 30 *What if my prayer doesn't work*, Heidi Baker, a missionary to Mozambique, prayed for a hundred blind people before she saw one healed.

In the 'Act' section for this chapter, the young person is asked to find where in the gospels it says that Jesus was moved with compassion to heal. If they get stuck, here are some verses you can point them to:

Matthew 14:14 NIV

When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

Matthew 20:34 TPT

Jesus was deeply moved with compassion toward them. So he touched their eyes, and instantly they could see! Jesus said to them, "Your faith has healed you." And all the people praised God because of this miracle. And the two men became his followers from that day onward.

Mark 1:41 NKJV

Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, "I am willing; be cleansed."

Luke 7:13-15 NKJV

13 When the Lord saw her, He had compassion on her and said to her, "Do not weep." 14 Then He came and touched the open coffin, and those who carried him stood still. And He said, "Young man, I say to you, arise." 15 So he who was dead sat up and began to speak. And He presented him to his mother.



DAY 26 - SUPERNATURAL INSIGHT

'Words of knowledge' are a great way of being able to start a conversation about Jesus. It surprises a person that someone they don't know would be able to know something about them, but in reality, it's not that we know, it's that God knows and chooses to use us as a vessel to communicate His reality of being an all knowing God to someone who may not believe or is struggling to believe. Again, this is related to learning to hear God's voice. I remember the very first time I felt like I had a word of knowledge for someone was in a conference about the Prophetic and we had to ask a word for someone nearby us that we didn't know. All I had was one word come to mind - marriage. I had nothing else. I bravely shared that word with the person and it indeed did mean something to them.

This is an opportunity to introduce some activities to help the young person grow in their ability to hear God. Two such activities I have done with people, which also makes it fun, are 'the magazine cover' and 'looking over the fence into your backyard'.

Magazine cover: invite the young person to think of a person they want to encourage. It may be someone you are together in a group with or it may just be someone they can approach later, but immediacy is always good. Now ask them to imagine what a magazine cover looks like for that person, asking God to show them what is on the magazine cover, both the picture and the headline. Now they can share that with the person they want to encourage.

TIP It would be good for you to filter the 'word' first to make sure it's encouraging. Sometimes God may reveal something that is correct but it's all in the delivery. For example, if it exposes some kind of sin in the person's life, rather than saying it directly as such, it may be that it needs to be turned around and delivered in a positive way. For example, instead of saying, 'God showed me that you are tempted to have an affair' it could be worded as something like, 'I sense God wants to encourage you in your purity, to know that He is enough and that He is wanting to strengthen your marriage.'

Looking over the fence into your backyard: Likewise, invite the young person to choose a person to encourage. This time they pretend they are looking over the fence of the person into their backyard. What do they see? Sometimes people are better at visualizing and some people are better with just 'words' coming to their mind. It doesn't matter if they can't imagine the person's backyard, but any words that come into their mind are just as valid. For example, they may not see a set of swings, but they may get the word 'swings' enter their mind.

TIP When it comes to interpreting words, sometimes God will tell you what it means and sometimes it is just to deliver to the person for them to interpret themselves. There is so much more to words of knowledge and the prophetic, and again, if people want to delve deeper, they may be interested in doing a course at a local church or accessing a resource such as Kris Valloton's ['Basic Training in the Prophetic'](#).

DAY 27 - CASTING OUT DEMONS

Again, we come to a topic that may be a challenge to face for the young person. But we can't ignore the fact that we are in a spiritual battle and that there is an enemy to our souls who doesn't want us living in the victory Christ achieved for us on the cross. With the prevalence of the occult in our cultures, it is very likely the young person has been exposed to demonic activity, whether intentionally or not.

By now, you should have developed a trusting relationship with the young person so asking them if they have had any involvement in the occult should not be too confrontational. If the young person opens up about demonic activity that they have been subject to or if they feel they have been deeply oppressed and you feel out of your depth, there are many deliverance ministries you can reach out to for help. Basically, you are helping to lead the young person to a place of repentance for any known involvement in occult activities and asking the Holy Spirit to fill them afresh. Focus on the power of the cross and the authority of Jesus - demons aren't scary when you know the God of the universe!

As they grow in their understanding of their authority in Christ, they can also be used by Him to help deliver others through their prayers.

DAY 28 - THE TANGIBLE PRESENCE OF THE HOLY SPIRIT

Sometimes people get to experience the presence of the Holy Spirit in a special way. While He is always with us, He loves to manifest Himself as a reminder that He is there. Share with the young person any personal experiences you have had where you felt the Holy Spirit in a special way. Ask them if they have had any similar types of experiences. If they are open, pray with them for a fresh encounter with the Holy Spirit. You may like to do what I did with the group of young people mentioned in this chapter, and invite the Holy Spirit to make Himself known to him or her. Wait upon the Lord and see what happens! Debrief this experience with the young person.

For another great resource, the [Youth Alpha](#) content on the Holy Spirit (session 7 and 8) is worth looking into.

DAY 29 - FASTING AND PRAYER

Fasting may be part of your Christian walk or you may have had limited experience. I know that in the stream of Christianity that I was brought up in, it wasn't spoken of or practiced (that I know of). Whatever your experience, come to this topic afresh with an open heart to what God may want to teach you, as well as the young person you are leading.

Questions:

- Does your church talk about fasting or practice fasting? What does this look like?
- Have you ever joined in with a fast?
- If it's not food, what is something that you really love that you may be able to fast from for a period of time? (For example, video games, social media, a favorite TV show, sugar?)

Explore with them your own experience or perspectives on fasting. If you are an experienced 'faster', share about your highs and lows and any testimonies from when you've seen God work through that time.

You may like to do the one day fast, as the young person is encouraged to do in the 'Act' section, and share your experience with them. If they are hesitant to try a food fast, suggest they replace it with a media fast. Ask them how they will spend their time with God while doing the fast and follow up with them how they went and what they learned.

YFCI has produced a [practical guide for a day of prayer and fasting](#) available on the YFCI website. You may like to read the practical guide to get some ideas to help with how the young person could spend their time with God.

DAY 30 - WHAT IF MY PRAYER DOESN'T WORK?

We come to the penultimate day of the book! And again it's another big topic. I'm sure you have a lot of your own questions in regards to this topic too...and have had plenty of experience to go along with it. Praise God we don't have to have all the answers but we can humbly lead the young person to explore this area. You may like to go through with the young person the questions that are mentioned in this chapter:

- Do you have faith in Jesus?
- Do you believe He is the God of the impossible?
- Do you believe you have the authority of Jesus within you?
- Am I fellowshiping with God in prayer?

Help them see that they need to leave the results with God and ultimately we can't see all God is doing in that person's life. We have to trust God is at work in ways we can't see. You may also like to ask them questions around how they can 'sow seeds' in people's lives other than by prayer.

DAY 31 - WHAT NOW?

At the end of this chapter the young person is invited to reflect on their journey and things that have stood out to them. You may like to ask them some questions to help them reflect, based on what is written in the first paragraph of this chapter:

- Have you incorporated prayer into your daily life?
- Are you enjoying a sense of deep intimacy with the Father?
- Are you hearing His voice in ways you haven't before?
- Are you learning to walk in obedience? What are some of the biggest steps of obedience you've taken on this journey?
- Who or what have you been praying for since you began this journey?
- What is the Lord asking you to do next?

It's important to celebrate with the young person and help them see how far they have come, even if they still have a lot of questions or ups and downs in their walk. You may even like to finish with a celebratory activity like taking them out for a meal or another activity they would enjoy. Ask them how they would like to celebrate coming to the end of this particular phase of their journey with Jesus.

If you are willing, ask the young person if they would like to continue on in a mentoring journey with you and determine what that would look like according to your availability. For example, could you continue to catch up with them once a week? Could you just keep them accountable by sending them a text every week to see how their prayer life is going. Would they like to pray together with you once a month? You may also like to put a time limit on it, depending on your context. For example, you may commit to another 6 weeks or 6 months! Seek the Lord about what it should look like for you and the young person.



Endnotes

It is wonderful that you have been able to go on this journey with a young person. I want to thank you for the time you have invested in them to help them grow in prayer and their relationship with God.

May the Lord continue to bless your own prayer journey. If you would like to connect with me you can do so by following my Facebook or Instagram Lyndal J Walker, or connect via the website, lyndaljwalker.com.

If you would like to be connected with others who are using 'Intimacy, Intercession and Increase' in discipleship to share ideas and learnings, please email j17devo@yfc.org and express this desire.