

## Praise is a praise of intercession

**During a sharing with Francis Kohn and Emmanuelle Maillard, Pierre Goursat talks about prayer, in particular the importance of praise and intercession.**

Praise is a praise of intercession [...]. I would like to distinguish between personal prayer and prayer involving two, three or four; at which point, we come with brothers and sisters and we lay down our burdens, expressing all the difficulties we're facing. And the brothers and sisters carry your burden with you. It's why the Lord says: "My yoke is easy, and my burden is light" (Mt. 11:30), and he also says elsewhere: "Bear one another's burdens" (Gal. 6:2). So, I reply: "If you bear one other's burdens, my yoke is easy, and my burden is light".

So then, it's essential to have this community life, in order to help each other, fortify each other, encourage one another. It's important [the prayer] of intercession for one another, for the causes which speak to our hearts. At which point we come out soothed, we really feel much better. And so, we can come to a prayer of praise in a big assembly. And in this prayer in the big assembly, all the sufferings of the world, we come and lay them in the Heart of Jesus, saying to him: "You suffered for us all, you suffered millions of times more than us, because you carried everything and it would give insult to your love to not understand that all the suffering I can know or envisage, you yourself think of 1000 times more and you suffer it even more. You carry [them] in your Heart".

And that's where faith comes in. Because it's easy to have faith for yourself. But [you must also] have faith for all the suffering of others, [and say to the Lord]: "Because you died, you suffered for us all, I trust in you; because you came to redeem the whole world. And I present to you all these beings who suffer, and who even don't know why they are suffering. So, at this point, I can praise you because you are truly the God who saved us, who saves the world at every moment". So, if I praise, at the same time it's a prayer of intercession. It's such an intercession that it doesn't need to be expressed. All the suffering of the world goes through this praise, because Lord you have a magnificent, merciful heart and you save the world! And the world is saved by you. So, it's simple. So, I carry the world's suffering with joy. Because I carry it, because I know you carry it.