

Spend An Hour With God

When it comes to prayer, an hour can seem like a very long time. How can I pray meaningfully without daydreaming or repeating myself? It's easier than you think - if you break up the time into 5-minute blocks. Begin with praise and work your way around the wheel, spending 5 minutes in each section.



1. PRAISE Start your prayer hour by praising the Lord for who He is. Reflect on words that describes God's character (loving, holy, faithful, merciful, trustworthy) and thank Him for it. Praise Him for one special thing He has done in your life over the past week.

2. WAITING Spend this time waiting on the Lord. Ask the Holy Spirit to direct your mind and heart. Think about the hour before you and the things you want the Lord to do in your life. Psalm 46:1 says, "Be still and know that I am God."

3. CONFESSION Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord and claim 1 John 1:9. Sin builds a wall, confession tears it down.

4. READ THE WORD Choose one verse or a short passage, perhaps a psalm or something from the gospels. During this time, read prayerfully and ask, "What promises can I claim, or what command will I obey, or what warning will I heed?"

5. PETITION This is general request for yourself and others, praying through your prayer list, or asking God to help with some personal situation. Think through what lies ahead today or tomorrow and ask God for help and strength. Pray for "daily bread." Ask for wisdom (James 1:5).

6. INTERCESSION This is specific prayer on the behalf of others – especially those who are far from God. Luke 15 tells us that God's heart is bent toward the "one" who is lost. Pray in a specific way for a "one" who is close to you.

7. PRAY THE WORD Now take a passage (perhaps from Psalm 119, Eph 3:14-21, John 15 or something you've read recently) and turn it into a personal prayer. Allow Scripture to guide your thoughts and words.

8. THANKSGIVING Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, things on behalf of your family (Philippians 4:6). Thank him for the gift of being able to spend this hour with Him.

9. SINGING Sing a favorite hymn, chorus or praise song. Feel free to play a song on your phone or computer and sing along. Let this be a time of praise.

10. MEDITATE Ask the Lord to speak to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life. Ask God to show you your next steps as you seek to live and love like Jesus.

11. LISTEN Spend time bringing together the things you have read from the Word, the things you have prayed, the things you have thanked the Lord for, the faces of the people who have come to mind. Again, be ready to write down any thoughts or impressions.

12. END WITH PRAISE Praise the Lord for the time you have spent with Him. Praise Him for being present with you. Praise Him for the prayer requests He brought to your mind (Psalm 145:1-13). Praise Jesus for the privilege of being his disciple who has everything you need to help others become disciples who multiply.