

How to Spend an Hour in Prayer



A STEP-BY-STEP PRAYER GUIDE

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PRACTICAL GUIDELINES:

There is no prescription in the Bible that we ‘must’ pray for an hour, but there are many people who would like to spend more time in prayer, but do not know how to do it in a meaningful way. Step by step this prayer guide walks you through a variety of ways to pray and provides prompts to help you create the habit of conversating with God about anything and everything.

- This prayer guide is divided into 12x5 minute increments. At the end you will have prayed for an hour.
- Take 5 minutes to pray through each prayer prompt. Do not be legalistic about the 5 minutes. You may want to spend more time on one segment and less on the another—this is only a guideline.
- These guidelines are simply examples of how to spend meaningful time in prayer. You can replace any of the prayer prompts with another subject.
- The composition of this ‘prayer guide’ also helps us to focus on different types of prayer during our prayer time e.g., praise and worship, confession and repentance, thanksgiving, intercession, spiritual warfare, praying scripture, and silent prayer.
- If the idea of praying for an hour intimidates you, simply ask the Holy Spirit to help you pray. You don’t need the best words, or the fanciest words or a lot of them, you just need the Holy Spirit to guide you. (Romans 8:26)

12 PRAYER STEPS TO WHOLEHEARTEDLY SEEK GOD

1. PRAISE GOD

(5 MINUTES)

Praise is a part of prayer where we are simply giving God the recognition He deserves. Here are some Scripture-based sentences, that focus on one attribute of our God. Pick a new prayer starter each day, meditate on the entire list or just praise God in your own way!

1. A Personal God. "I praise You, God, because You are a personal God, who gives me the honor of knowing You personally, even inviting me to feast at Your kingdom's table with Abraham, Isaac, and Jacob" (Mt. 8:11).
2. A Provider God. "I praise You today, Lord, as my Jehovah-Jireh (the Lord Will Provide), who makes all grace abound in me and generously provides all I need" (2 Cor. 9:8).
3. A Forgiving God. "I want to bless You with praise, Father, because 'you are a forgiving God, gracious and compassionate, slow to anger and abounding in love'" (Neh. 9:17)
4. The Burden Bearer. "Praise be to the Lord, to God [my] Savior, who daily bears [my] burdens" (Ps. 68:19).
5. The Lifter of My Head. "Father God, I praise You because 'you are a shield around me, O LORD; you bestow glory on me and lift up my head' when I am weary or despised" (Ps. 3:3).
6. God of Joy. "I give You praise, O Lord, because 'you have granted [me] eternal blessings and made [me] glad with the joy of your presence'" (Ps. 21:6).
7. The God Who Answers Prayer. "I praise and honor You, Father, because You are a God who loves to answer prayer and who begins to answer even before I pray" (Is. 65:24).

2. PUT ON THE ARMOR OF GOD

(5 MINUTES)

Believers need to take seriously Paul's encouragement to put on God's armor (Ephesians 6:10-18). If you don't already do so, I encourage you to put on the full armor of God in prayer as a part of your daily walk with the Lord.

Jesus, thank you for assuring me of victory today. By faith I choose to follow Your battle plan and to prepare myself according to Your instructions. To prepare myself for the battle ahead, by faith I put on the **belt of truth**. Renew my mind to what is true. Fill me with truth. Expose in my heart the lies that I am tempted to believe. By faith I put on the **breastplate of righteousness**. Today I am committed to doing what is right. I pray that I would be known as one who does what is right regardless of what it costs me. Allow the righteousness of Christ to shine through me today. By faith I put on the **gospel shoes of peace**. I am available to You. Use me in the lives of others. I pray that in my conduct and speech I would accurately represent You. Make me a calming presence everywhere I go. I now take up the **shield of faith**. My faith is in You and You alone. Apart from You I can do nothing. In You, I can do all things. Everything that comes against me must come through You, for I am in You. As you walked without sin on the earth, live without sin through me today. By faith I claim victory over _____ (list some of the temptations you know you will face that day). When I face those temptations, remind me that the victory has already been won. By faith I put on the **helmet of salvation**. Holy Spirit, I surrender my will to You today. I surrender my thoughts to You. I choose to take every thought captive to the obedience of Christ. And last, I take up the **sword of the Spirit**, which is the Word of God. (Claim several specific promises from Scripture.) So, Lord, I go now rejoicing that You have chosen me to represent You to this lost world. May others see Jesus in me.

In Jesus' name I pray, AMEN

3. SELF-EXAMINATION

(5 MINUTES)

Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting.

Psalms 139:23-24

A key aspect of spiritual growth is growing in awareness of our need for God's grace. But diagnosing our heart can be difficult and so we often avoid it. Examine yourself with the following questions to help you find your weaknesses:

1. Is there any known unconfessed sin in my life?
2. Do I have unforgiveness and bitterness in my life?
3. Are there any doubtful practices or activities in my life?
4. Am I obeying the Holy Spirit promptly in all things?
5. Am I confessing Jesus unashamedly?

4. CONFESSION AND REPENTANCE

(5 MINUTES)

What sins are weighing on your heart? What guilt have you been trying to cover with distraction? Or are you submerging yourself under the weight of it as a form of penance, rather than taking your sin to the cross, where it's already been paid for?

Take some time now to pray through Psalm 51, as a guide for your own repentance prayer, and rejoice in the incomparable grace offered to you in Christ!

REVERENCE

God's Praiseworthy Attributes:

- Merciful (1)
- Steadfast Love (1)
- Cleanses us from sin (1,2,7)
- Blameless in his judgement (4)
- Creates a clean heart in us (10)
- Shows grace (10,11,12)
- Joy giver (12)
- Praiseworthy (15)

RESPONSE [Verses 3-6]

Show me my hidden sin...

Reveal my transgression before you...

Help me to be truthful about what I keep in secret...

REQUESTS [Verses 7-12]

Cleanse me from _____ and make me white as snow...

Make me hear joy and gladness again when...

Blot out my iniquity of ...

Create in me a clean heart when...

Renew a right spirit within me towards...

READINESS [Verses 13-19]

Help me teach your ways to...

Help me declare your praise when...

Give me a contrite heart toward...

5. SALVATION OF OTHERS

(5 MINUTES)

Here are 2 tools to help you pray for the salvation of others:

H earts - Pray for receptive hearts (Luke 8:5-15)

E yes and Ears - Pray for their spiritual eyes and ears to be opened (Matt. 13:15, 2 Cor. 4:3-4)

A ttitude - Pray for them to have and understand God's attitude toward sin (John 16:8)

R eleased - Pray they be released from barriers and strongholds that hinder their faith (2Tim. 2:25-26)

T ransforming - Pray for them to experience a transforming life in Christ (Rom. 12:1-2)

S ent- Pray for Christian witnesses to be sent to share Jesus with them (Matt. 9:35-38)

Six Questions Method of Prayer Evangelism:

Why: Ask God to cause them to wonder why they reject Jesus and his salvation. Call on him to show them the foolishness of rejecting Christ and living life without Him.

What: Ask God to cause them to start asking the question, "What is the purpose of my life?" Plead with God to plant in their heart an urgency concerning this question.

When: Pray that God will grant them an emptiness of heart. Ask God to show them that sin and selfishness will not satisfy. Call on God to cause them to start asking the questions, "When will I really be free? When can I find true peace and hope?"

Whom: Pray that God will cause them to doubt all the lies that they have concerning Christianity. Call on God to cause them to ask, "Whom can I trust? In Whom can I find hope?"

How: Ask God to plant this question in their hearts, "How can I cope with my problems?" Ask God to show them that they can't cope in their own strength. Pray they will be made to look to God.

Where: Call on God to cause them to contemplate the question, "Where will I go when I die?"

6. Pray for Your Church

(5 MINUTES)

It is important to pray regularly and faithfully for your church and churches around the world. Here are 5 scriptures that focus on church unity. Stretch your faith and write a bold ask for your community (a sample is provided) and watch expectantly what God will do through the power of fervent prayer.!

Prayer Goal: **That we would be known for our love and unity (John 13:34-35)**

Bold Ask: A community-wide prayer night would be held with pastors, elders and hundreds of believers in attendance.

Prayer Goal: **That we would love one another deeply, with all our hearts (1 Peter 1:22)**

Bold Ask: Everyone at [Name of your church} would pray daily with their spouse, family or a believing group/friend.

Prayer Goal: **That we would be united with all people who fear the Lord and know His laws (Psalm 119:79)**

Bold Ask: Everyone at [Name of Your Church] would have a mentorship relationship (Be or find a mentor)

Prayer Goal: **That the desires of our hearts would be supplied by the Holy Spirit (Psalm 37:4)**

Bold Ask: [Name of Your Church] would disciple X new believers (X per month) in 20XX.

Prayer Goal: **That we would have no divisions among us, but that we would be united in thought and purpose (1 Corinthians 1:10)**

Bold Ask: 25% of congregation participates in a corporate fast and seeks God to bring healing to [Name of your city/town].

7. THANKSGIVING

(5 MINUTES)

Thank God for Who he is, all He has done, is doing and is going to do. Here are a few prompts to get you started.

For your past:

- Thank God for his pursuit of you (His consistent love never wavered)
- Thank God for seeing you for who He created you to be, not what you have done (Jesus's grace covers all sin)
- Thank God for what he protected you from (sin, situations or choices)

For your present

- Thank God for His spirit being with you now (Jesus sent the Holy Spirit to live inside you)
- Thank God for a heavenly identity/reality (There is a purpose beyond your now)
- Thank God for your present circumstance, even if you are unsure of it's purpose (God wastes nothing)

For your future

- Thank God for promising to never leave or forsake you
- Thank God for His presence going before you to make a way
- Thank God for His plans to prosper, not harm you.

Rejoice always, pray without ceasing,
in everything give thanks; for this is
the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18

8. INTERCEDE FOR YOUR FAMILY

(5 MINUTES)

Unlike specific prayers for family members, these prayers focus on your family unit and how you are growing, being challenged, or impacting the world together. Pick one each day or meditate on them all.

FOR UNITY: I pray that my family will be bonded together and protected from conflict and division. (Psalm 133:1)

FOR LOVE: I pray that each member of my family has a genuine love for others (1 Peter 4:8)

FOR COURAGE: I pray that my family will preserve with courage through hard times. (Deu. 31:6)

FOR WISDOM I pray that each member of my family would walk in wisdom (James1:5)

FOR GENEROUS HEARTS: I pray that my family would be generous to others (1 Tim. 6:18)

FOR GOD'S GUIDANCE: I pray for God's guidance in all of our family's plans and decisions (Prov. 16:9)

FOR OTHERS TO SEE GOD IN US: I pray that my family's example would point others toward God. (Matt. 5:16)

9. INTERCEDE FOR THE YOUTH

(5 MINUTES)

When you intercede, you stand on God's side and work with Him for the salvation or to the advantage of someone else.

1. That this generation of young people will reach their own generation with the gospel.
2. For young people to come into a new intimacy with God and obedience to Him.
3. For deep-rooted, committed disciples, living in holiness.
4. To boldly serve God and to follow Him wherever He leads.
5. For compassionate hearts, to reach even the poorest and most miserable and to serve them

10. INTERCEDE FOR THE NATIONS

(5 MINUTES)

Praying through scripture is a powerful way to pray for the nations because God says that his word will never come back void. It always has a purpose and when we pray through it, it sets out to accomplish the will of the Father.

1. Pray that the nations will see that Christ Jesus is the Way, the Truth and the Life (John 14:6).
2. Pray that the unreached peoples of the earth will be reached with the gospel (Luk.24:46-48).
3. Pray for the coming of God's peace and glory to countries and nations (Zech.9:10).
4. Pray that kings and governments will submit to the Lordship of Jesus as the King of kings (Isa.49:7).
5. Pray that God will bless the nations (Jer.4:1-2).

Or simply ask the Holy Spirit for help. If you have felt burdened to pray for the nations or a specific people group, know that this has been placed in you by God and that he will send his Holy Spirit to you to help you pray, even when you don't know what to say.

11. SILENT PRAYER

(5 MINUTES)

Silent prayer is quite simply, the discipline of sitting in silence, quieting one's own thoughts and making oneself present to God.

Find a quiet place. Invite God to speak. Wait in expectation! Here are a few sample prayers to get you started:

- Jesus, help my heart and mind to be quiet so I can hear you. Holy Spirit, what would you like to say to me today?
- Speak Lord, your servant is listening? (1 Samuel 3:9)
- Heavenly Father, help me to hear your voice and follow you (John 10:27)

12. WORSHIP IN PRAYER

(5 MINUTES)

End your time of prayer with praise and worship. When we talk about worshipping God and praising the Lord, many Christians automatically think about singing songs during church services on Sunday mornings. However, there is much more to the act of worship than that. Try one of the following ideas as a new way for you to express your devotion to the Lord, and let it help you draw closer to Him.

- Read any one of Psalms. 144-150. Reflect on each line and then restate the truths in your own prayer of praise and worship.
- Try a different posture of prayer- kneeling (like Daniel), lying face down (like Abraham), lifted hands (like Moses) or dancing/leaping for joy (like David).
- Use a journal to remember what God has done in your life. Write down your prayers and the answers you received.
- Find a creative way to express who God is, what He has done for you, your gratitude towards Him. Write a poem, song or story.



I Will Make
Them Joyful in
My House
of Prayer
Isaiah 56:7