



Our Best Story

Together Living Our Fullest Lives



**Praise | Waiting | Confession | Read the Word | Petition | Intercession
Pray the Word | Thanksgiving | Singing | Meditate | Listen | Praise**

Spending an Hour in Prayer

Spending an hour with God is easier than you think. The Hour Of Prayer Wheel helps you to break it up into five minutes blocks and focus on the following during five minutes segment:

1. PRAISE: Start your prayer hour by praising the Lord. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. (Psalm 34:1)

2. WAITING: Let Him pull together reflections for you. Think about the hour before you and the things you want the Lord to do in your life. (Psalm 27:14) Make a written list of all your current worries and release them to God's care.

3. CONFESSION: Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong. (Psalm 51:1-19)

4. READ THE WORD: Spend time reading the promises of God (Psalm 119:97)

5. PETITION: This is a general request for others, praying through the prayer list, prayer cards, or personal prayer interest on behalf of yourself and others. (Hebrews 4:16)

6. INTERCESSION: Specific prayer on behalf of others.
(Romans 15:30-33)

7. PRAY THE WORD: Now take the Scriptures and start praying the Scriptures as certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)

8. THANKSGIVING: Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, and things on behalf of your family. (Philippians 4:6)

9. SINGING: Take your hymnal and sing a prayer song, sing a praise song, sing a song regarding soul winning or witnessing. Let it be a time of praise. (Psalm 59:17)

10. MEDITATE: Ask the Lord to speak back to you and keep a paper and pen handy, ready to record the impressions He gives you.

11. LISTEN: Spend time merging the things you have read from the Word, the things you have prayed, the things you have thanked the Lord for, and the things that you have been singing, and see how the Lord brings them all together to speak to you. (I Samuel 3-9-101)

12. END WITH PRAISE: Praise the Lord for the time you have had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He raised up in your mind. (Psalm 145.1-13)