

A close-up, low-key photograph of a woman with long brown hair, wearing a denim shirt. She is looking down with her hands clasped in prayer, her face partially in shadow.

**Spend
an Hour
with
God...**



PRAYER WHEEL



Spend an Hour With God

Spend an hour with God? Its easier than you think. Break it up into 5-minute blocks and focus on the following during each 5 minute segment:

1. PRAISE

Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. 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

I will extol the LORD at all times; his praise will always be on my lips.

2. WAITING

Spend this time waiting on the Lord. 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

Wait for the LORD; be strong and take heart and wait for the LORD.

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, 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 so that you might be cleansed for the remainder of the hour before you, and then pick up and read the Word.

Psalm 51:1-19

*Have mercy on me, O God, according to your unfailing love;
according to your great compassion*

blot out my transgressions.

Wash away all my iniquity and cleanse me from my sin.

*For I know my transgressions, and my sin is always before
me.*

*Against you, you only, have I sinned and done what is evil in
your sight, so that you are proved right when you speak and
justified when you judge.*

*Surely I was sinful at birth, sinful from the time my mother
conceived me.*

*Surely you desire truth in the inner parts; you teach me wis-
dom in the inmost place.*

*Cleanse me with hyssop, and I will be clean; wash me, and I
will be whiter than snow.*

*Let me hear joy and gladness; let the bones you have crushed
rejoice.*

Hide your face from my sins and blot out all my iniquity.

*Create in me a pure heart, O God, and renew a steadfast spir-
it within me.*

*Do not cast me from your presence or take your Holy Spirit
from me.*

*Restore to me the joy of your salvation and grant me a willing
spirit, to sustain me.*

*Then I will teach transgressors your ways, and sinners will
turn back to you.*

*Save me from bloodguilt, O God, the God who saves me, and
my tongue will sing of your righteousness.*

O Lord, open my lips, and my mouth will declare your praise.

*You do not delight in sacrifice, or I would bring it; you do not
take pleasure in burnt offerings.*

The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

In your good pleasure make Zion prosper; build up the walls of Jerusalem.

Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

4. READ THE WORD

Spend time reading promises of God in the Psalms, in the prophets, and passages on prayer located in the New Testament. Check your concordance.

Psalms 119:97

Oh, how I love your law! I meditate on it all day long.

5. PETITION This is general request for others, praying through the prayer list, the prayer cards, or personal prayer interest on behalf of yourself and others.

Hebrews 4:16

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

6. INTERCESSION Specific prayer on the behalf of others. Pray specifically for those requests of which you are aware. (Romans 15:30-33)

Romans 15:30-33

I urge you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me. Pray that I may be rescued from the unbelievers in Judea and that my service in Jerusalem may be acceptable to the saints there, so that by God's will I may come to you with joy and together with you be refreshed. The God of peace be with you all. Amen.

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 119:38-48

Fulfill your promise to your servant, so that you may be feared.

Take away the disgrace I dread, for your laws are good.

How I long for your precepts! Preserve my life in your righteousness.

May your unfailing love come to me, O LORD, your salvation according to your promise;

then I will answer the one who taunts me, for I trust in your word.

Do not snatch the word of truth from my mouth, for I have put my hope in your laws.

I will always obey your law, for ever and ever.

I will walk about in freedom, for I have sought out your precepts.

I will speak of your statutes before kings and will not be put to shame,

for I delight in your commands because I love them.

I lift up my hands to your commands, which I love, and I meditate on your decrees.

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

Do not be anxious about anything, but in everything, by pray-

er and petition, with thanksgiving, present your requests to God.

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

O my Strength, I sing praise to you; you, O God, are my fortress, my loving God.

10. MEDITATE

Ask the Lord to speak back to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life.

Psalm 63:1-11

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

I have seen you in the sanctuary and beheld your power and your glory.

Because your love is better than life, my lips will glorify you.

I will praise you as long as I live, and in your name I will lift up my hands.

My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

On my bed I remember you; I think of you through the watches of the night.

Because you are my help, I sing in the shadow of your wings.

My soul clings to you; your right hand upholds me.

They who seek my life will be destroyed; they will go down to

the depths of the earth.

They will be given over to the sword and become food for jackals.

But the king will rejoice in God; all who swear by God's name will praise him, while the mouths of liars will be silenced.

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, the things that you have been singing, and see how the Lord brings them all together to speak to you.

1 Samuel 3:9-10

So Eli told Samuel, "Go and lie down, and if he calls you, say, 'Speak, LORD, for your servant is listening.' " So Samuel went and lay down in his place. The LORD came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for your servant is listening."

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.

Psalms 145:1-21

I will exalt you, my God the King; I will praise your name for ever and ever.

Every day I will praise you and extol your name for ever and ever.

Great is the LORD and most worthy of praise; his greatness no one can fathom.

One generation will commend your works to another; they will tell of your mighty acts.

They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

They will tell of the power of your awesome works, and I will proclaim your great deeds.

They will celebrate your abundant goodness and joyfully sing of your righteousness.

The LORD is gracious and compassionate, slow to anger and rich in love.

The LORD is good to all; he has compassion on all he has made.

All you have made will praise you, O LORD; your saints will extol you.

They will tell of the glory of your kingdom and speak of your might,

so that all men may know of your mighty acts and the glorious splendor of your kingdom.

Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is faithful to all his promises and loving toward all he has made.

The LORD upholds all those who fall and lifts up all who are bowed down.

The eyes of all look to you, and you give them their food at the proper time.

You open your hand and satisfy the desires of every living thing.

The LORD is righteous in all his ways and loving toward all he has made.

The LORD is near to all who call on him, to all who call on him in truth.

He fulfills the desires of those who fear him; he hears their cry and saves them.

The LORD watches over all who love him, but all the wicked

he will destroy.

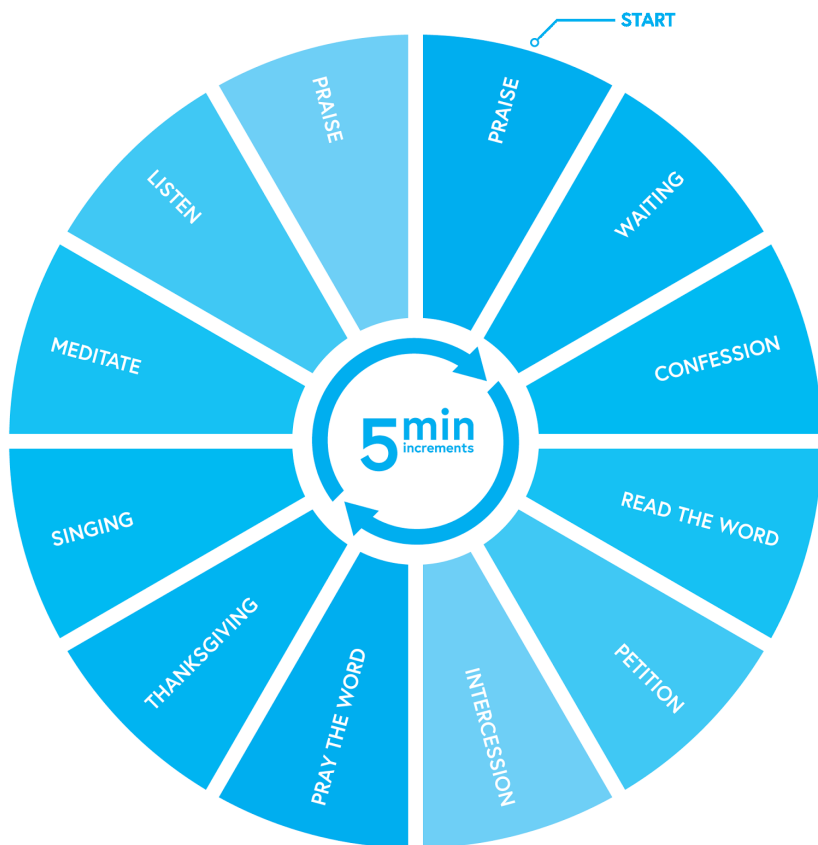
My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

OBSERVATIONS:

Source:

http://www.christianchallenge.us/Spiritual_Formation/Prayer/onehour-prayer.html





**Light of Life
Ministry**