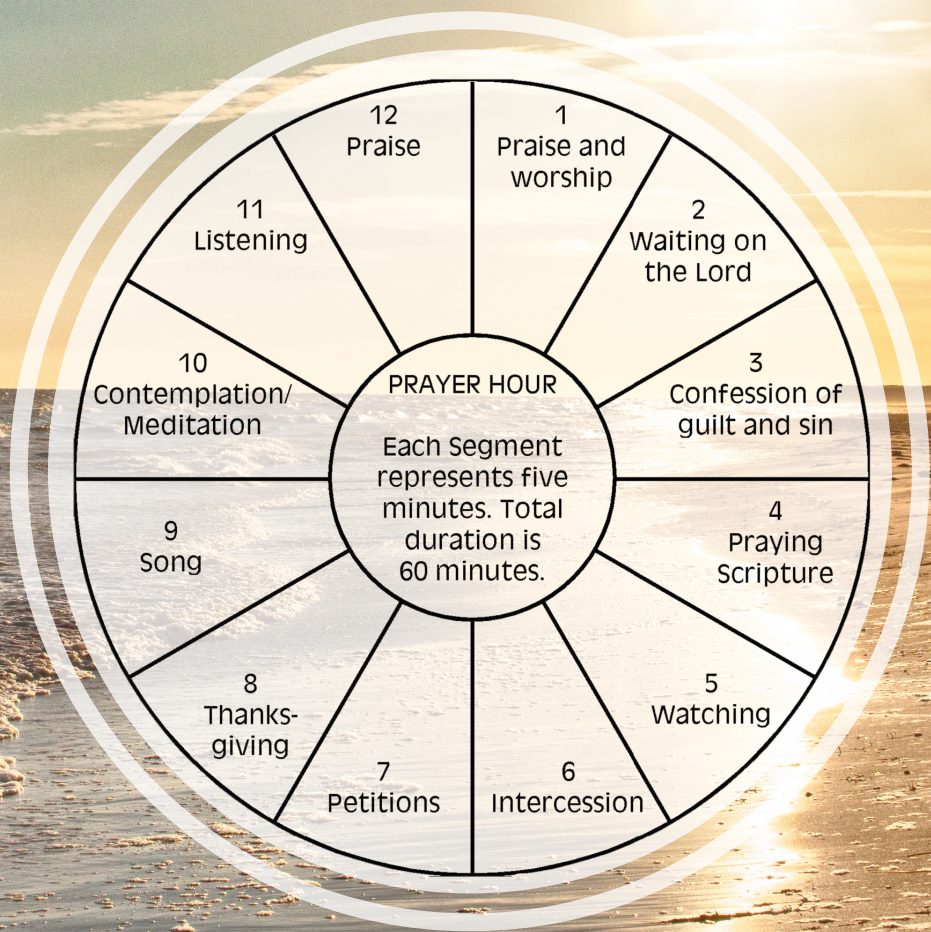


SWEET HOUR OF *prayer*



This is simply a Scriptural guide to help direct your daily time with God. Spend five minutes or more in each step and you will have had an hour of focused, effective, powerful prayer.

Praise – The first step is praise. Praising God for who and what He is. (Ps 63:3; 24:1-3)

- Goodness
- Knowledge
- Patience
- Power
- Love
- Holiness
- Wisdom
- Glory
- Greatness

Waiting – The next stage is waiting on God—no talking, no thinking, simply placing your mind being quiet in God's presence. It's a silent soul surrender. Be still in the Lord's presence.

Confession – Sin is the greatest roadblock to prayer; early in your prayer time confess "agreeing with God about my sin" (Ps 139:23-24; 51:10-11; 1 John 1:9)

Scripture Praying – The fourth stage involves God's Word. When we pray, we are speaking to God. When we read God's Word, God is speaking to us. Open your Bible, asking God to bless the reading of the Word with concentration and understanding. Remember, this Bible reading is not for the purpose of preparing to teach or preach, but for preparation in prayer. (2 Tim. 3:16; Ps. 19:7-8; Jer. 23:29)

Watching – The fifth stage involves a time of silent watching and developing a holy alertness for things the Lord might bring to mind to pray. (Colossians 4:2)

Intercession/Supplication – In stage six, you are ready to come boldly into God's presence with intercession and supplication. Intercession is praying for others. It is unselfish. Intercession is love on its knees. You should have a list of names of others for you to uphold in prayer. Supplication is urgent praying for others. (1 Tim. 2:1-2; Ps 2:8)

Petition – Stage seven involves petition—asking God for self. There is nothing wrong with asking God for personal needs. Make a list of your personal needs and check them off as God answers prayer. (Matt 7:7; James 4:2)

Thanksgiving – At this point, it is important to thank God. What is the difference between thanksgiving and praise? Praise is the pouring out of the heart in adoration to God, while thanksgiving is simply enumerating those things for which we are grateful. We need to thank God for what He has done. (Phil. 4:6; Ps 100:4)

Singing – The next step in your hour with God is singing. Singing scripture back to the Lord is one of the highest forms of worship and praise. (Ps 100:2; Eph 5:19)

Meditation – Next comes meditation. The difference between meditation and waiting is that, when waiting on God, the mind is in neutral. In meditation, the mind is very active, pondering spiritual things. (Josh 1:8; Ps 1:1-2)

Listening – The next step involves listening. Listen for that still small voice of God; wait for specific orders concerning activities of the day. (Ecc 5:2; 1 Kings 19:11-12)

Praise – You begin your prayer time with praise and end your prayer time with praise. This step is extremely important. (Ps 150:1-2; Ps 50:23) Earlier you read the Word of God and allowed God to speak to you. Now you pray the Word of God. The Psalms are full of personal prayers. (Ps 95:2; 147:1)