

How to spend an hour in prayer

Practical guidelines

1. This prayer guide is divided into 12x5 minute segments. Take more or less 5 minutes to pray through each segment. 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.
2. 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.
3. These guidelines are simply examples of how to spend meaningful time in prayer. You can replace any of the segments with another subject.
4. The composition of this 'prayer guide' also helps us to focus on different types of prayer during our prayer time e.g. worship, repentance, self-examination, inter-cession, waiting on the Lord, to pray the promises in the Word, praise, etc.

SEEK MY FACE (Ps.27:8)

Practical Guide on how to pray for one hour

1. Seek His face by calling on His Name (5 min)

Yahweh, the Source of all steadfastness and encouragement (*Rom.15:5*), Compassionate and merciful God (*Ex.34:6*), El-Shaddai (the All-mighty, All-sufficient One; Satisfier) (*Gen.17:1*), Yahweh-Jireh (God shall provide) (*Gen.22:14*), Yahweh-Ropheka (the Lord who heals you) (*Ex.15:26*), Yahweh-Shalom (the Lord gives rest; the Lord is peace) (*Judg.6:24*), The King of the whole world (*Mic.4:13*), Jesus Christ the Way, the Truth and the Life (*John 14:6*), Christ the Power and Wisdom of God (*1 Cor.1:24*), The Lamb in the centre of the throne (*Rev.7:17*), The Lamb that was slain (*Rev.5:12*), Christ the Hope of glory (*Col.1:27*), the Spirit of Insight, Counsel and Strength, Knowledge and Fear of the Lord (*Isa.11:2*), Grace and Supplication, Holiness, Love, Truth, Power, Self control, Wisdom and Revelation of the Knowledge of Him, the Spirit of Glory. (*Isa.11:2*)

2. Seek His face by praying for personal revival (5 min)

Ask yourself the following questions:

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?

3. Seek His face for unsaved family and friends (5 min)

1. _____
2. _____
3. _____
4. _____
5. _____

Pray for their salvation, that God will bless them (spiritually, socially, emotionally), and pray for their felt needs.

4. Seek His face that His glory may be revealed in the church (5 min)

Write down 5 things to pray for your church:

1. _____
2. _____
3. _____
4. _____
5. _____

and/or

Seek His face on behalf of the church

1. Pray for congregations to be restored as houses of prayer for all nations (*Isa.56:7; Matt.21:13*).
2. Pray for congregations to fulfil the Great Com-mission (*Matt.28:18-20*).
3. Pray for congregations to fulfil the Great Commandment (*Matt.22:37-40*).
4. Pray for spiritual revival in the church (*Eph.1:17-23*).
5. Pray for a church that will be faithful to the Word and effective in addressing the needs of the people (*2 Tim.3:1-17*).

5. Seek His face for your personal needs (5 min)

1. _____
2. _____
3. _____
4. _____
5. _____

6. Seek His face by praying through the Word (5 min)

Start by praying systematically through the Psalms. Read and pray through 2-3 Psalms each time.

7. Seek His face by praying for the breaking of strongholds and that the people involved will confess their sins (5 min)

1. Immorality;
2. Witchcraft and idolatry;
3. Injustice— harmful behaviour and acts;
4. Racism—racial hatred and ethnic pride;
5. Unholy covenants.

8. Seek His face by praying for a breakthrough regarding the following issues worldwide (5min)

1. The HIV/AIDS pandemic;
2. The growing number of poor and needy people;
3. Corruption at all levels;
4. The persecuted church in many countries;
5. Wars, bloodshed, ethnic violence – also pray for millions of refugees;
6. Children in distress: maltreatment and exploitation.

9. Seek His face for the nations (5 min)

Write down the names of five countries and pray for them:

1. _____
2. _____
3. _____
4. _____
5. _____

For revival

1. For the salvation of the unreached and unsaved.
2. For mature and God-fearing leaders.
3. For the multiplication of dedicated followers.
4. For an awakening of a vision for missions in local congregations.

And/or

Seek His face for the nations

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*).

10. Seek His face for the following issues worldwide (5 min)

1. For the revelation of God's glory over the whole earth.
2. For the healing of the nations.
3. For reconciliation at all levels (families, churches, ethnic groups or races, countries, etc.).
4. For breaking of strongholds, structures and political systems that are destroying people's lives.
5. Pray for God's blessing on the nations.

And/or

Seek His face by praying for the youth (5 min)

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 radical, committed disciples, living in holiness.
4. To radically 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.

11. Seek His face for the reconciliation of people with God and with one another (5 min)

1. Pray that nations will confess if they ill-treated, hurt or oppressed their own people or other nations and that they will stop their attitude of superiority.
2. Pray for reconciliation at all levels (in families, oppression of women and children, between churches and denominations, ethnic groups or races, between nations, etc.).
3. Pray for the removal of strongholds, structures and political systems that are destroying the lives of people.
4. Pray that people will forgive one another and that they will do restitution where necessary.

12. Seek His face with praise and worship (5min)

End your time of prayer with praise and worship. Read any one of Ps.144-150. Thank God for his goodness and take time to bless individuals who come to mind, in the Name of the Lord Jesus Christ.

The hour that changes the world

In his book *The Hour that changes the world*, Dick Eastman suggests that you divide an hour into 12 five-minute periods. After each 5 minutes, you progress to another aspect of prayer.

1. Praise and worship is an act of adoration and consecration to God

Ps.115:1 *“Not to us, O LORD, not to us but to your name be the glory, because of your love and faithfulness.”*

- Worship God for who He is, the One who created you—for His unfailing Word—for your salvation—that you are included in His plan.
- It is to elevate and honour God.
- It is to acknowledge God for who He is, to magnify Him with our words, our whole being and with our prayer position.
- Praise His Name, His righteousness, love, holiness, omnipotence, greatness, faithfulness, omniscience, His Word, His creation, His redemptive work, etc. You may choose a different theme to use each time during this time of praise and worship. Enlarge on this theme as much as possible, meditate on it, and consider what the practical implications will be for your life and the lives of other people.

2. Wait on the Lord in an act of surrender to, and love and admiration for God (Often prayer without words)

Ps.46:10: *Be still and know that I am God*

- This is where I am silent before God.
- Where you close the door in the spirit to any influence from the world.
- Where you come into His presence through an act of faith.
- This is to praise and worship God for who He is.
- During this period of silence, you focus on God and dedicate yourself again to Him. You rejoice in His presence and about His presence.
 - This is a time of deep personal and intimate communication with God, this is when you, as a finite and limited being enter into the presence of God, the Unlimited and Infinite Being.
 - At this stage, you have to make sure that you have a living contact with God. During this time of waiting on the Lord there is no room for impatience and hastiness, it cannot be rushed.
 - During this period, you do not think about anything but God the Father, His Son Jesus your Savior and the Holy Spirit.
 - You do not have to put thoughts that come up into words. Concentrate on your relationship with God and your love for Him.

3. Confession/humbling yourself is an act of confession and cleansing of yourself as the temple of God to give you free access to God

Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. (Isa.59:1-2) If we confess our sins, he is faithful and just and will

forgive us our sins and purify us from all unrighteousness. (1John 1:9)

- This is where you put a name to your sin, confess your guilt, acknowledge that it is wrong, turn away from it and accept God's forgiveness.
- Where you ask God to show you every form of pride, lack of love and confess it and break with it.
- This is the time for introspection and to allow the Holy Spirit to point out any unconfessed sins. You only receive forgiveness and deliverance from sin through the blood of the Lord Jesus and His death of atonement on the cross.
- When confessing your sins you do not necessarily ask that God will change your circumstances, but that He will forgive you and change you.

4. Scripture praying is to feed yourself spiritually and to pray according to God's agenda and revelation

- This is prayer enriched by the Word: the Word is your manual on how to pray.
- This is to pray according to God's promises. God's promises in the Word quicken your faith.
- The Bible is in the first place a book that should be believed and obeyed. In this period you ask: "Lord, which promises do you want me to lay hold of, which commands do I have to obey, which warnings do I have to pay attention to?"
- It is to remind the Lord of His promises. As you read the Bible, you should ask the Lord how to apply it to your daily life and in your prayer time.

5. Watching is a time of spiritual observation, to watch spiritually, to be spiritually mindful of issues that need prayer

Devote yourselves to prayer, being watchful and thankful. (Col.4:2)

- To watch and to be aware of possible attacks from Satan. Pray and ask the Holy Spirit to show you the plans, methods, strongholds and strategies of the evil one.
- To be aware of any guidance from the Lord.
- To be aware of any revelation from God.
- Ask for insight, discernment and wisdom to grasp what you should focus on in prayer and what your priorities should be.
- To understand the will of God, where He wants to use you.
- To ask the Lord what is on His agenda and on His heart.
- Is there anything in the newspapers, TV or radio for which you have to pray, things like economic problems, political unrest and wars which God wants you to pray for?

6. Intercession is to stand in the gap for other people, to concentrate on the needs and wants of other people

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Tim.2:1-2)

- To pray for God's plan for other people's lives.
- To stand between God and other people and pray for their needs—to ask for mercy and grace.
- This is a spiritual position before God—to remain standing until you have the assurance that God hears you and that He releases you from praying about it.
- This is God's way of involving His children in His plan with the world.
- When you intercede, you stand on God's side and work with Him for the salvation or to the advantage of someone else.

Through prayer, you may become involved in the spiritual battle against the powers of evil. Pray and ask the Lord to reveal to you, through the work of the Holy Spirit, where these powers are at work. On the strength of your authority in Christ, you should bind the powers of Satan in the Name of Jesus and destroy their strongholds and arguments. Resist the devil and do not give him any foothold. Jesus conquered the evil one on the cross. We, as believers should proclaim this victory over every area of our lives.

7. Petitions for your personal needs

Give us today our daily bread. (Matt.6:11) Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. (1 Chron.4:10) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Phil.4:6)

- To pray for your 'daily bread'.
- To take your own distress, crises, needs and desires to God.
- In humility and complete dependence, you ask God to provide for your needs. You come as God's servant and His child.
- Do not dictate to God.
- Come in faith and trust—come as God's friend.
- Be specific.
- As a Christian, you may boldly take your personal needs to the Father. You can pray with expectation, even about the smallest things.
- Watch out for selfish desires.

8. Thanksgiving is the time when you express your appreciation to God for His care and protection and for who He is

Give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thess.5:18)

- Think about the day and thank God for His care for you and others.
- Thank God for new things He did: spiritual, physical and social.
- Thank Him for who He is, His gifts, answers to prayer...all His blessings.
- Be specific in your thanksgiving.

9. Singing is melodious praise and worship

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he, who made us, and we are his, we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations. (Ps.100)

- This is an act to praise and worship God with spiritual songs.
- This can be a battle cry against the powers of darkness. Singing and spiritual warfare (our struggle against the evil one) often go together.
- Use well-known songs or sing your own new songs. You can start by using Scripture portions adapted into songs.
- This is to glorify, adore and worship the Father in song.

10. Meditation is to consider or investigate an issue at a deeper level, to evaluate spiritually

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law, he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Ps.1:1-3) Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Josh.1:8)

- Meditate on the nature and being of the Triune God, His creation, acts (works) and character.
- Take a particular theme from Scripture and meditate on it. (Righteousness, love, truth, light, peace, holiness, etc.)
- Take a portion from Scripture and meditate on it.
- Make God Himself the focus of your meditation: His works or acts, His Word, His character.

Christian meditation is the opposite of Eastern meditation. Eastern meditation is about a passive state of mind and to empty your mind. For the Christian, meditation is an active process of evaluating, investigation and pondering where your mind is fully involved and where you allow the Holy Spirit and Scripture to lead you. Meditation is to reflect in a disciplined way. Watch out that Satan does not plant his thoughts in your mind. Also, watch out for negative thoughts during this time. Reflect on whatever is true, noble, right, pure, lovely and admirable. When you reflect on a specific portion of Scripture, you should ask yourself what this portion says to you personally.

11. Listening is a period where you receive instructions from God, where you ask Him to reveal to you the things He wants you to notice and pay attention to

Do not be quick with your mouth; do not be hasty in your heart to utter anything before

God. God is in heaven and you are on earth, so let your words be few. (Eccl.5:2)

- This is to listen to the inner voice of the Holy Spirit.
- Here you ask: What do You want me to do? What is Your will for today?
- To seek guidance from the Word.
- To ask God purposefully to reveal to you His will, plans and strategies.
- Waiting on the Lord is about loving God. During meditation, we want to learn more about God. In the period of listening, we want to hear what God wants to tell us. During this period, you ask, "Lord, what do you want from me, what is your will for me?"
- You may also ask God specific questions. Maybe difficult questions for which you do not have answers. Be sensitive to the Holy Spirit.
- Be careful not to be quick in saying, "The Lord said this or that to me."

12. Praise is to magnify God, to glorify Him, to tell Him that you know to whom you have been praying and to trust Him with your prayers

For yours is the kingdom and the power and the glory forever. Amen. (Matt.6:13)

- Make your "Amen" at the end strong to confirm that you believe God heard you and will answer you. Amen means: this is true and certain, this will be so.
- This is a final spiritual act to put God on the throne of your life.
- This is where you confess: For yours is the kingdom and the power and the glory forever. Amen.