

**5 Minutes
x 12 Styles**

**60 Minutes
with God**



**How To Spend
An Hour In Prayer**



*Loving and leading people to a life-changing relationship
with Jesus Christ.*

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1. Praise

Praise is an act of commitment to God. Through praise we acknowledge God for who He is, exalt Him with our words, our whole being, and our attitude in prayer.

All prayer should start with praise.

Psalms 115:1 says:

"Not to us, O Lord, not to us but to Your Name be the Glory, because of Your Love and Faithfulness."

We praise Him for His Name, His Justice, His Love, His Holiness, His Omnipotence, His Greatness, His Faithfulness, His Word, His Creation, His Redemption, etc. Expand on this as much as possible. Meditate on it. Weigh the practical implications of it on your life and the lives of others.

Watch out, though, for a mere repetition of words.

2. Wait on the Lord

Waiting on the Lord is an act of silent love and adoration for God. It incorporates worship and praise to God for who He is. During this period of silence we tune in to God Himself. We direct our whole being to Him and commit ourselves to Him anew. We rejoice in His Presence. Psalm 46:10 says:

"Be still and know that I am God."

This is a very intimate form of communication between God and ourselves. This time of waiting on the Lord cannot be hurried. During this time you think of nothing else but God The Father, His Son Jesus and The Holy Spirit. You need not express your thoughts in words. Concentrate on your relationship with God and your love for Him.

3. Confession

Confession is admission to God. This is a time of self-examination (introspection) and allowing the Holy Spirit to point out any unconfessed sin to you. I acknowledge my sin and sinfulness before the Lord during this period. I confess my sin and turn my back on it. I break with my sin and accept the Lord's forgiveness. Confession is the cleansing of the Christian. Sin builds a wall between us and God so that God will not hear us (Isaiah 59:1-2). Our sins are paid for and forgiven solely through the blood of the Lord Jesus Christ on the grounds of his death on the Cross. I don't ask God to change the circumstances during confession but that He will forgive and change me. Confess each form of failure, negligence and sin.

4. Praying Scripture

Praying Scripture is being able to pray in a balanced way. I have to spend time in The Word. I must get to know God's promises and pray them to God. The Promises of God create faith. In the first place The Bible is a Book that has to be believed and obeyed. During this period I ask: "Lord what promises can I make my own; what commands must I obey, what warnings must I pay attention to?" The Word is our prayer manual. We must remind the Lord of His promises in His Word day and night. As you read Scripture, ask the Lord how to apply it in your life and in your prayer time. Your prayers must become quotations from Scripture more and more.

5. Watching

Watching is a time of spiritual perception (observation). It means to be spiritually aware of matters to pray for. It will lead to praying for the needs of others and some of your own needs.

You tune into the Lord and ask The Holy Spirit specifically to draw your attention to specific matters so that you can pray for them.

Pray and ask The Holy Spirit to show you the plans, methods, strongholds and strategies of the evil one. Paul teaches us to watch and pray with thanksgiving.

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

6. Intercession

Intercession is to pray for others. In intercession we concentrate on the needs and distress of others - we stand in the gap for someone else. Intercession is God's method to get His children involved in His plan for the world. We become involved in world evangelization during intercession. When you intercede you stand at God's side and you work with Him for the salvation or the benefit of someone else. By faithful intercession you can do just as much as those who are physically in the field.

Work out a systematic plan for intercession: start with your own household and family, then your friends and church, then your town, your country and lastly the whole world. Every Christian should have a burden for lost souls and a world in need.

7. Petition

Petition for your personal needs. The believer may and should come to his Father and pray for his own personal needs. And he can pray expectantly, even for the smallest things. During this period we pray for our "daily bread" and we also pray for spiritual strengthening and equipment for our lives and work as believers. Anticipate what your needs are going to be during the day in this period and pray for them.

John Rice said:

"Prayer is asking and receiving."

Tell the Lord why you ask these things from Him, thus ensuring that your intentions are pure.

Come with frankness as our Father will meet our needs gladly.

8. Thanksgiving

Thanksgiving is to acknowledge your appreciation to the Lord for what He has done for you and others.

During this period I thank God for who He is. His gifts, His answers to my prayers, His care and provision.

Thank the Lord for spiritual, material, physical and any other blessings. Be specific in your thanksgiving and beware of generalizations. Tell the Lord why you are grateful. Think about the day or days gone by and thank the Lord for everything which you have received from Him.

9. Song

Song is melodious worship.

Song does not have to be used during communal worship only. The intercessor can sing his own (new) song to the Lord or make use of existing songs as circumstances determine. Song and spiritual warfare (our battle with the evil one) are inextricably linked to each other. To sing to the Glory of the Lord is definitely a command from God (Ps. 100).

Sing enthusiastically and heartily.

because you are Exalting God.

The attitude of your heart and the fact that you are

carrying out His instructions are of greater value to the Lord than whether you can sing beautifully or can sing in tune.

10. Meditation

Meditation means to reflect upon or examine a matter more closely (deeply). To evaluate it spiritually. During this period I think about the Being and the nature of the Triune God, His creation and great deeds. You can use a portion of Scripture to reflect upon, a Psalm for instance, but also other portions. To the Christian, meditation is an active process of evaluation, searching and pondering, where he uses his full intellect and is led by Scripture and the Holy Spirit in his meditation. Meditation is to ponder in a disciplined way. Consider everything that is true, pure, noble, right, beautiful and praise-worthy. When you meditate on a certain portion of Scripture you must ask yourself among other things what this portion means to you.

11. Listening

Listening is a period during which you ask the Lord to reveal new things to you, things that He wants you to notice and pay attention to. You deliberately ask God to reveal His Will and Strategies/Plans to you. In waiting on The Lord the emphasis is on loving God. During meditation we want to learn more from God. During the period of listening we want to hear what God wants to say to us. During this period I ask: "Lord, what do you expect from me; What is Your Will for me?" You can also ask the Lord specific questions, perhaps some difficult questions that you do not have the answers to. Be sensitive to the Holy Spirit. Be careful not to say immediately that: "The Lord said this and that to me." Always test the Word with the Word and other believers that practice meditation and listening. Don't assume other believers practice this or are ready to affirm you.

12. Worship

Worship is to exalt God and say of Him:

"I know who I am praying to and I Trust Him with my prayers supplications."

This is a period of jubilation before the Lord.

Let your AMEN be strong at the end and confirm thus that you believe that God has heard you and will answer you.

Amen means - it is true and sure, so shall it be.

This "method" of prayer can be applied meaningfully by individuals and by prayer groups.

