

# How to Spend an Hour in Prayer

*"Those who wait on the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."—Isaiah 40:31*

*"How can anyone possibly pray an entire hour? Here's how to structure an hour in prayer with 12 scripturally based aspects." - Dick Eastman*

1. **Praise** - *Ps. 63:3; Heb. 12:15; Matt. 6:9*. Prayer should begin with a recognition of God's nature. Praise is prayer which vocally esteems God for His virtues and accomplishments.
2. **Waiting** - *Ps. 37:7; Is. 40:31; Lam. 3:25*. Not only should we begin with praise, but time should also be given to being "quiet" in God's presence. This is not meditation, or just a time for listening; it is simply taking time to let God love you.
3. **Confession** - *Ps. 139:23-24; 51:10; John 1:9*. The psalmist asked God to search his heart for unconfessed sin.
4. **The Word** - *2 Tim. 3:16; Ps. 19:7-8*. When we bring God's Word into our prayer, we are opening our eyes to new possibilities in God. At this point in prayer, read God's Word.
5. **Intercession** - *1 Tim. 2:1-2; Ps. 2:8; Matt. 9:37-38*. Our prayer now centers on intercession for a lost and dying world. This is praying for others who have needs.
6. **Petition** - *Matt. 7:7; 6:11; James 4:2*. This aspect of prayer concerns our personal needs.
7. **The Word** - *Jer. 23:29; 2 Sam. 22:31; Num. 23:19*. Here we bring actual Scripture into our prayer. We can never pray out of God's will if we are praying God's Word.
8. **Thanksgiving** - *Phil. 4:6; Ps. 100:4*. Thanksgiving differs from praise, in that praise recognizes God for who He *is*, and thanksgiving recognizes God for specific things He has *done*.
9. **Singing** - *Ps. 100:2; 114:9; Eph. 5:19*. Melody in its truest sense is a gift from God for the purpose of singing praises unto Him.
10. **Meditation** - *Joshua 1:8; Ps. 1:1-2; 77:12*. Meditation differs from waiting in that our mind is very active. To meditate is to ponder spiritual themes in reference to God and His Word.
11. **Listening** - *Eccl. 5:2; 1 Kings 19:11-12*. God speaks to praying Christians, but we must listen.
12. **Praise** - *Matt 6:13; Ps. 100:4*. We begin our prayer by recognizing God's nature and we end the same way.

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I believe that the Bible is crucial for anyone desiring to strengthen their life of prayer. Prayer must begin with filling our minds and hearts with what God has said to us. In Scripture God speaks to us. In prayer we speak to him. What God says to us prompts what we say to him.

## 1. Begin with meditating on scripture.

- **This will help you to focus**, “I will meditate on your precepts and fix my eyes on your ways” *Ps. 119: 15*
- **This will help you to understand**, “Make me understand the way of your precepts, and I will meditate on your wondrous works.” *Ps. 119: 27*
- **This will help you remember**, “I remember the days of old; I meditate on all that you have Done; I ponder the work of your hands” *Ps. 143: 5*
- **This will help you to worship**, “but his delight is in the law of the Lord, and on his law he meditates day and night” *Ps. 1: 2*
- **This will help you to apply**, “This Book of law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it.” *Joshua 1: 8*

## 2. Give attention to each word in the verse, Romans 5: 1

## 3. Pray the scripture back to God in the first person, using the words I, me, and my

## 4. Find a good daily devotional.


