

Praying For One Hour

Often times, when we pray, it can be difficult for thoughts to come to mind on what we want to say to God (especially when it comes to adoration). This little guide is intended as a tool to help kick start your prayer time, whether in a prayer group, with your family, or alone. Use and enjoy!

The Shorter Catechism (Q. 98) asks, “What is prayer?” The answer given is *“Prayer is the offering up of our desires unto God, for things agreeable to his will, in the name of Christ, with confession of our sins, and thankful acknowledgement of his mercies.”*

How to Pray for One Hour

The thought of praying for one hour might seem insurmountable, especially as busy as most of us keep ourselves. Where will I even find an hour to pray? And what do I do in that hour? Here are some helpful suggestions as you foster growth in this area.

- Be intentional
 - Look at your calendar and block out time. Guard it and commit to being in an attitude of prayer for the entirety that time. Set up a reminder or an alarm so you don't forget.
- Be specific
 - There will be temptation to ramble and pray in circles so learn to be specific in your requests. See the section, “For What Can I Be Praying” section for a prayer list primer.
- Be Scripture focused
 - Use Scripture as a guide. See the “Helpful Scripture to Read During Prayer” section
- Sample prayer formats

Four Quarters (*break up your hour into four, 15-minute quarters*)

- 1st quarter: Worship music
 - [Use this playlist](#) or create your own to spend time in song
- 2nd quarter: Bible Reading
 - Commit to reading a Psalm a day, reading and reflecting on it. Consider starting with Psalm 1, 42, 73, 90, or 107 and read consecutively from your starting point.
- 3rd quarter: Asking
 - Spend time praying for your own needs (*health, relationships, daily needs, life goals/desires*)
- 4th quarter: Interceding
 - Spend time praying for the needs of others

ACTS (*spend 10-15 minutes in each of the following categories*)

Adoration

“God, You are...”Awesome in power
Supremely holy
Purely righteous
Perfectly just
Abundantly faithful
Full of joy
Patient towards me
Ultimately creative
Mighty to save
Full of glory
Never changing
Sacrificially forgiving
My Comforter
My Healer
My Provider
Infinitely loving
Tender in compassion
Full of mercy

Prayers of Adoration (using Psalm 3-18)

- You are my Protector and Provider. You listen to me when I call on You for help (3:3, 4:3)
- You are holy. You take no pleasure in wickedness, and cannot tolerate the slightest sin (5:4)
- You bless those who seek after You and surround them with Your shield of love (5:12)
- You desire truthfulness. You are a judge who is perfectly just and fair (7:6, 11, 17)
- The majesty of Your name fills the earth! Your glory is higher than the heavens (8:1)
- You are a shelter for the oppressed, a refuge in times of trouble (9:9)
- You have never abandoned anyone who searches for You (9:10)
- You do not ignore those who cry to You for help (9:12)
- You protect the helpless, and You are the defender of orphans (10:14)
- You bring justice to those that have been oppressed (10:18)
- You rule from heaven (11:4)
- You are righteous, and You love justice (11:7)
- Your promises are pure, like silver refined in a furnace, purified seven times over (12:6)
- You are with those who obey You and You protect Your people (14:5-6)
- In Your presence there is fulness of joy, and at Your right hand, there are pleasures evermore (16:11)
- You are my rock, my fortress, my shield, and my Savior; in whom I find protection. You are worthy of praise (18:1-3)
- Your way is perfect. All of Your promises are true. You are a shield for all who look to You for protection (18:30)

Confession

God, I want to confess and acknowledge that I have sinned against You. I'm able to confess my sin because I know that You won't condemn me or cast me away from You, and that Your grace to me only comes as I confess and repent of my sin. Thank You for Your forgiveness and for Your abundant grace.

Lord, I confess that I have not loved You nearly to the degree that I want to love You, and I've not loved others the way that You have loved me. Please forgive me and pour out Your great love into my heart, so that Your love would flow through me. Thank You for loving me infinitely and unconditionally.

Father, Your Word tells us that all have sinned and fall short of Your glory, and that if not for Your Spirit, no one would seek after You. I confess that my bent is not naturally towards You, but towards my sin. Please forgive me of my sin and cleanse me from all unrighteousness. Give me a heart that desires You more than anything else.

Lord, as I consider the 10 Commandments, I acknowledge and confess that I have broken every one, and I do so, almost, on a daily basis. I cannot live up to the standard that You have set. Forgive me, Father. I run to Your throne of grace, knowing that the kind of righteousness I need is not of myself, but of You and it comes not by obeying the Law but by Your grace.

Assurance of Pardon

Isaiah 4:22 – I have blotted out your transgressions like a cloud and your sins like mist; return to me, for I have redeemed you

Psalms 32:3-5 – For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin.

1 John 1:9 – If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Thanksgiving

Lord, thank You for waking me up today and inviting me to be a part of Your plans for this day. Pour out Your Spirit in me and make me a vessel of Your love in the lives of those around me.

Father, I praise You because, when my faith is weak, You understand and You give me the faith that I need for each and every moment.

Father, thank You for being a shelter that I can run to for safety in the midst of life's disappointments, difficulties, and storms.

Father, it's comforting to know that You remember of all of my sorrows, that You know the tears I have shed, and that You have promised to never leave me or reject me.

Supplication

Father, I acknowledge You as my Provider, so I ask that You would provide for the needs that weigh heaviest on my heart right now. You know what they are. Give me faith to follow and to trust You as I wait upon You.

Show me Your ways, O Lord. Teach me Your paths. Lead me in Your truth and teach me. For You are the God of my salvation; on You I wait all the day. (Psalm 25:4-5)

Jesus, You know my worries and concerns, so I ask that You take away the anxieties and weigh heavy on my heart and mind. You've told me to cast all my cares upon You because You care for me. Help me to lay my worries down at the foot of the cross, knowing that it is better for me to give them to You than to hang on to them.

Lord, I ask that You would bring physical healing to _____. I know that You are the great Physician and that You are capable of healing all of our sickness and diseases. And so, Lord, I ask that You would bring Your glory to Your name by restoring health.

Jesus, I ask that You would bring relational healing. You know the need. I pray that You would bring about peace and reconciliation in such a way that everyone would know it came about only because of You.

Father, I ask that You would bring spiritual healing to _____. They are struggling and don't fully understand how great Your love is for them. Jesus, I ask that You would reveal Yourself in a life transforming way.

<h3><u>For What Can I Be Praying?</u></h3>

It can be overwhelming to pray because of the amount of needs out there but also because we might have a difficult time recalling those needs. Here is a list of categories through which to pray.

Personal needs

- Health (*physical, mental, spiritual*)
- Job/school (*calling, performance, leadership, integrity, work ethic*)
- "Daily bread" prayers (*how do you need God to provide, sustain, and nurture you?*)

Relational needs

- Family (*spouse, children, parents, siblings*) and close friends (*discipleship/connect group*)
- Neighbors, co-workers, classmates
- People whom you can Greet, Befriend, and Invite (GBI)

Church/Kingdom needs

- Perimeter Church ([staff](#), [vision and mission](#))
- Your city (*neighborhood, schools, businesses, public servants*)
- State and Nation (*elected officials, policies, practices*)
- World (*the Church, global missions, persecuted Christians*)

Helpful Scripture to Read During Prayer

Scripture is filled with many references and examples of prayer. Here are a few to help encourage you in your prayer time.

- Numbers 6:24-27
- 1 Samuel 2:1-10
- Jonah 2:2-9
- Psalms 3, 25, 51
- Jesus prayed often during his ministry
 - Matthew 6:5-15
 - Luke 3:21, 22; 4:1; 5:15-16; 6:12-13; Luke 9:18, 28; 11:11; 19:45-46; 22:44; 23:44-46; 24:50
 - John 17:1-26
- Romans 15:5-7, 13
- Ephesians 1:17-19; 3:14-21
- Philippians 1:9-11
- Colossians 1:9-12; 4:2-4
- 1 Thessalonians 3:9-13

Other Ideas

- Set aside a time and place to pray
 - A quiet room/space in your home
 - A local coffee shop/restaurant
 - Prayer walking around your neighborhood
 - A local city or county park
 - A retreat center like [Daniel Prayer Garden](#)
- Songs
 - Keep a playlist handy of your favorite hymns and worships songs.
 - [Instrumental playlist](#) (mainly hymns)
 - [Instrumental playlist](#) (mix of hymns and modern worship songs)
 - [Worship playlist](#) (with singing)
 - Start and end your time of prayer with a time of personal worship singing
 - If music is too distracting, opt for silence. Likewise, if music is always needed, consider silence and solitude.
- Journaling
 - Write out your prayers
 - Keep it simple (bullet points) OR long form. Slowing down to write out your prayers can be a simple way to get you to think more deeply about which you are praying
 - Take note of thoughts that come to mind and press on your heart
 - The Holy Spirit may place a Scripture, thought, quote, or something else on your mind. Write it down and consider what the significance may be
 - Observations from your reading/prayer time
 - What do you believe God is convicting you of?
 - How can you appropriately apply or respond to what God is convicting you of?

- Prayer Logging/Tracking
 - Keep a list of the people, places, and things for which you are praying
 - Date your prayers and get into a routine of writing down updates and answers to prayer
 - Make it a habit to revisit this prayer log. Routinely pray over the same things, boldly asking God to answer those prayers.
- Books on Prayer
 - [Extreme Prayer](#)
 - God answers prayer in Jesus' name
 - God answers prayers of faith and faithfulness
 - God answers persistent prayer
 - God answers unified group prayer
 - God answers specific prayers that build faith
 - God answers faith filled complaints
 - [A Praying Life](#)