

**A practical guide to spending one hour in prayer**

*Watch  
with  
Me...*

**Volume 1**

**The Hour that Changes  
the World**



Based on *The Hour that Changes the World* by Dick Eastman  
(Grand Rapids, MI: Baker Books, 2001).

All Scripture quotations are from *Contemporary English Version*  
(New York: American Bible Society, 1995).

All other quotations are cited according to page number in *The Hour  
That Changes the World*.

## 12) Praise: Divine Magnification (5 min)

*Isaiah 61:11 - "The LORD will bring about justice and praise in every nation on earth, like flowers blooming in a garden."*

*Psalms 68:32-35 - "Now sing praises to God! Every kingdom on earth, sing to the Lord! Praise the one who rides across the ancient skies; listen as he speaks with a mighty voice. Tell about God's power! He is honored in Israel, and he rules the skies. The God of Israel is fearsome in his temple, and he makes us strong. Let's praise our God!"*

Once again, we focus all our attention on the God who is more worthy than any other ruler in all of history and more caring than we could ever fully comprehend.

This final stage of prayer is a time for declaring to God that we know just who it is with whom we have been speaking. It is a time where we confess that we want him to lead throughout our day as king and lord of our lives.

In your own words, write a statement confessing Jesus as your lord and savior. Then speak it boldly to him.

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- Focus your praise on God's power, knowledge, and presence.
- Look back on the last hour, and praise God for hearing each of your requests.
- Take time to let your spirit freely rejoice. The universal word "Hallelujah" works great here!
- End on a strong note; confess with authority that you believe God is trustworthy.

## 1) Worship: Divine Adoration (5 min)

*Psalms 115:1 - "We don't deserve praise! The LORD alone deserves all of the praise, because of his love and faithfulness."*

*Isaiah 56:7 - "I will bring them to my holy mountain, where they will celebrate in my house of worship. Their sacrifices and offerings will always be welcome on my altar. Then my house will be known as a house of worship for all nations."*

*Psalms 29:2 - "Honor the wonderful name of the LORD, and worship the LORD most holy and glorious."*

Praise and worship is an act of adoration and of consecration to God. It is where we choose to use our words to lift God up. When we give voice to what God is like, we acknowledge that he is God and that he is good.

Write down four attributes inherent to God's nature, and spend time worshiping God concerning each one.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

- Select one of the above themes for praise or another characteristic of God.
- Drawing on your selected theme, declare vocally all that God is.
- Expand your theme as much as possible. Allow God to reveal new themes for worship as your time of praise develops.

## 2) Waiting: Soul Surrender (5 min)

*Psalm 46:11 - "Our God says, 'Calm down, and learn that I am God! All nations on earth will honor me.'"*

*Psalm 62:1 - "Only God can save me, and I calmly wait for him."*

*Zechariah 2:13 - "Everyone, be silent! The LORD is present and moving about in his holy place."*

"When we turn to the inner circle of the spiritual masters—the men and women, not necessarily gifted or distinguished, to whom God was a living, bright reality which supernaturalized their everyday life and transmuted their homeliest actions into sublime worship—we find that their roots struck deep into the soil of spiritual silence" (Bridgid E. Herman, 32).

In silence, allow the God who created the universe to romance your soul. In silence, open your heart and mind to him. In silence, worship the one who knows you more intimately than any other, and loves you still more passionately.

- Bring your mind and spirit into a time of complete silence to the world.
- Think no thoughts but thoughts of God the Father, his Son Jesus, or the Holy Spirit.
- If words are to be voiced, let them be quiet whispers.
- Concentrate full attention on the love aspect of God's nature.

## 11) Listening: Mental Absorption (5 min)

*Ecclesiastes 5:1 - "Be careful what you do when you enter the house of God. Some fools go there to offer sacrifices, even though they haven't sinned. But it's best just to listen when you go to worship."*

*Proverbs 4:20-21 - "My child, listen carefully to everything I say. Don't forget a single word, but think about it all."*

During meditation, we seek to learn more about God; during the listening stage, we allow God to speak to us whatever he desires. It is here where we seek guidance and direction from our God who is more than able to speak to even the most spiritually deaf of us.

"Quietness in a man or a woman is a mark of strength. Noise is not eloquence. Loudness is not power. In all the departments of life, it is the quiet forces that affect most. Therefore, if we would be strong, we must learn to be quiet" (J. R. Miller, 129).

Record what you sense God speaks to you.

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- Ask the Holy Spirit for direction for today.
- Ask God questions about difficult situations; do not hesitate to get specific.
- Wait for insights from God.
- Search through Scripture for specific answers.
- Evaluate all circumstances relating to the situation, and ask God to show you his plan.
- Write down any ideas God gives.

### 10) Meditation: Spiritual Evaluation (5 min)

*Philippians 4:8 - "Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise."*

*Ephesians 4:23 - "Let the Spirit change your way of thinking."*

Unlike Eastern meditation, Christian meditation fully engages the mind. This is not a time for *emptying* but for *filling* the mind; not a time for *passivity* but for *activity*. In meditation, the Holy Spirit works the truths of Scripture and the character of God into our lives, renewing our minds to become like Jesus'. In meditation, abstract truth becomes practical reality.

Write down one theme on which to meditate.

1. \_\_\_\_\_

Record a few thoughts and questions that come to mind.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- Select a theme, and apply full attention to that specific area of spiritual thought.
- Allow your mind to wonder within the framework of the chosen theme, pondering all aspects in reference to God.
- Ask questions that might lead you to a deeper mental study of the subject.
- Bring Scripture into all phases of meditation.

### 3) Confession: Declared Admission (5 min)

*Psalms 139:23-24 - "Look deep into my heart, God, and find out everything I am thinking. Don't let me follow evil ways, but lead me in the way that time has proven true."*

*1 John 1:9 - "But if we confess our sins to God, he can always be trusted to forgive us and take our sins away."*

As we pray, an awareness of past failures may arise to assault our minds. We feel condemned, lost, and hopelessly unworthy of asking anything of God.

If this is not rooted out, the devil gains a victory, and we stop praying.

"Just as the surgeon lances a boil to permit the infection to drain and to heal from the inside, so confession opens the sore, drains the poison and heals from within" (Harold Lindsell, 44).

Record specific sins that come to mind, and confess each to God. Cross each out as a statement of his forgiveness.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- Ask God to search your heart for any unconfessed sin.
- Mentally examine your recent activities to discover possible areas of spiritual failure.
- Confess any specific sins you are guilty of, either against God or against your fellow man.
- Confess your need for specific divine intervention to find victory in each case.

#### 4) Scripture Praying: Faith Appropriation (5 min)

*Jeremiah 23:29 - "My words are a powerful fire; they are a hammer that shatters rocks."*

*Psalms 119:93 - "I won't ever forget your teachings, because you give me new life by following them."*

Here is where we pray back to God that which he has spoken in his Word. We remind him of his promises, call on his faithfulness, and ask for his help in obeying his commands. His written word provides the foundation for our assurance of answers.

"Every promise of Scripture is a writing of God, which may be pleaded before Him with this reasonable request, 'Do as Thou hast said!' The Creator will not cheat the creature who depends upon His truth; and far more, the Heavenly Father will not break His Word to His own child" (Charles Spurgeon, 56-57).

After selecting a specific passage of Scripture, record here any promises or commands to pray back to God.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Ask God to bless his Word so that it is nourishing to your spiritual body.
- Examine a passage from the New Testament, Psalms, Proverbs, or Song of Solomon. Look for ways to apply each verse in prayer.
- Ask yourself what request this passage prompts or what promise it contains.
- Develop prayers based on the Scripture.

#### 9) Singing: Melodic Worship (5 min)

*Psalms 149:1 - "Shout praises to the LORD! Sing him a new song of praise when his loyal people meet."*

*Isaiah 42:10-12 - "Tell the whole world to sing a new song to the LORD! Tell those who sail the ocean and those who live far away to join in the praise. Tell the tribes of the desert and everyone in the mountains to celebrate and sing. Let them announce his praises everywhere."*

*2 Chronicles 20:22 - "As soon as they began singing, the LORD confused the enemy camp."*

"I believe truly that Satan cannot endure it and so slips out of the room—more or less! - when there is a true song. Prayer rises more easily, more spontaneously, after one has let those wings, words, and music, carry one out of oneself into that upper air" (Amy Carmichael, 104).

Whether our song is a gut-wrenching battle cry or a sweetly-sung lullaby, God has bound music and spiritual warfare together. As we sing, demons flee, angels are strengthened, and the kingdom of Heaven is released.

Grab a tambourine, put in a CD, find a powerful Scripture, think of a new melody, and sing your song with zeal and prophetic abandon!

- Select a theme for your song, such as praise, thanksgiving, or a passage of Scripture.
- Ask the Holy Spirit to create an original song in your heart or sing a familiar worship song.
- Do not hesitate to sing songs thanking God for specific blessings or victories you expect to receive in the days ahead.

## 8) Thanksgiving: Expressed Appreciation (5 min)

*Psalm 86:12 - "With all my heart I thank you. I praise you, LORD God."*

*Psalm 30:11-12 - "You have turned my sorrow into joyful dancing. No longer am I sad and wearing sackcloth. I thank you from my heart, and I will never stop singing your praises, my LORD and my God."*

Whereas praise and worship focus on who God *is*, thanksgiving focuses on what God *has done, is doing, and will do*. Specifically, this is a time to tell God how grateful we are for the ways he has worked in our own lives.

Thank God for what he has done for you, remembering even your talents and gifts come from him.

Make a list of some of God's blessings in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- Start by thinking about specific things God has given you in recent days, making note of both material and immaterial blessings.
- Use these as a basis for thanking God.
- Frequently thank God in advance for gifts you expect him to give you in the future.
- Try to thank God for one particular thing you have never thanked him for before.

## 5) Watching: Mental Awareness (5 min)

*Colossians 4:2 - "Never give up praying. And when you pray, keep alert and be thankful."*

*1 Peter 5:8 - "Be on your guard and stay awake. Your enemy, the devil, is like a roaring lion, sneaking around to find someone to attack."*

*Ezekiel 3:17 - "Ezekiel, son of man, I have appointed you to stand watch for the people of Israel. So listen to what I say, then warn them for me."*

To watch in prayer is to be alert and spiritually aware, to act as a spiritual guardian over ourselves, our families, our cities, our nations, and our world. It is to know the plans of the enemy and to make war against him under the direction of the Holy Spirit.

What are some of the enemy's plans that God wants you to stand against? Record them here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

- Ask God to reveal how Satan may try to harm your walk today. Prayerfully claim victory.
- Read a missionary/evangelism magazine to become alert to specific needs in God's work.
- Prayerfully recall international news that deserves special prayer.
- Ask the Holy Spirit to give you spiritual insight into how to pray against the enemy's plans.

## 6) Intercession: Earnest Appeal (5 min)

*1 Timothy 2:1-2 - "First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them. Pray for kings and others in power, so that we may live quiet and peaceful lives as we worship and honor God."*

*Romans 15:30 - "My friends, by the power of the Lord Jesus Christ and by the love that comes from the Holy Spirit, I beg you to pray sincerely with me and for me."*

It is here in intercession where the invitation is extended towards man in his weakness to participate in the plans of the almighty God. To intercede is to stand before God on another's behalf until the burden to pray is removed.

Record the names of five people who need prayer, from friends to politicians, from the saved to the lost.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- Maintain a prayer list that includes people around the world. (Start with the above list.)
- Ask God to give you a genuine concern for the people on your list.
- As you pray for Christian leaders, pray for more help, open doors, results, and finances.
- Always try to pray for specific countries and their leaders.

## 7) Petition: Personal Supplication (5 min)

*Philippians 4:6 - "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God."*

*Matthew 7:11 - "As bad as you are, you still know how to give good gifts to your children. But your heavenly Father is even more ready to give good things to people who ask."*

"Some things God will not give until we want them enough to ask" (E. Stanley Jones, 87).

As beloved children, we boldly turn to our Father as the source for all we need. Spiritual, physical, emotional, it matters not. God is more than able to supply all we need! As a child, ask your Father to supply. Do not demand, but with assurance, turn to him who cares for your soul.

Write a few specific prayer requests along with the date you asked God for assistance. You can return later to record the date on which he answers each.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Ask God to guide you to ask only for those desires which will bring honor to the Lord.
- Make a mental list of specific needs you have today, and offer each need to God.
- Explain why you desire an answer for each.
- Frequently check your motives. Watch out for selfish desires!