

A practical guide to spending one hour in prayer

*Watch
with
Me...*

Volume 3



Based on God's House of Prayer Ministries' prayer guide ([http://www.ghopm.org/files/QuickSiteImages/](http://www.ghopm.org/files/QuickSiteImages/HOW_TO_SPEND_AN_HOUR_IN_PRAYER.doc)
[HOW_TO_SPEND_AN_HOUR_IN_PRAYER.doc](http://www.ghopm.org/files/QuickSiteImages/HOW_TO_SPEND_AN_HOUR_IN_PRAYER.doc), 7/29/2010).
Scripture quotations are from *Contemporary English Version* (New York: American Bible Society, 1995).

12) Seek Me in Praise and Worship (5 min)

Psalm 47:1 - "All of you nations, clap your hands and shout joyful praises to God."

Exodus 15:1 - "Moses and the Israelites sang this song in praise of the LORD: I sing praises to the LORD for his great victory! He has thrown the horses and their riders into the sea."

Jeremiah 20:13 - "I sing praises to you, LORD. You rescue the oppressed from the wicked."

Isaiah 65:13 - "I, the LORD God, will give food and drink to my servants, and they will celebrate. But all of you sinners will go hungry and thirsty, overcome with disgrace."

James 5:13 - "If you are having trouble, you should pray. And if you are feeling good, you should sing praises."

As you end your time of prayer here, end it with thanksgiving. Sing, dance, shout, clap, quietly thank him... The method is not so important as is the heart. End your time with God with a declaration to all the world that he is good.

- Sing a song of praise to God.
- Shout aloud that Jesus is Lord and King.
- Read a chapter from Psalm 144 to 150 out loud.
- Thank God for his goodness.
- Bless any individuals who come to mind.
- Dance as praise to God.

1) Seek Me by Calling on My Name (5 min)

In ancient times, a name was more than a word to call someone. A name was identity, and in the name was a description of that person's character, nature, and even destiny.

When God revealed his name to the men of old, he gave them more than something to call him. He gave them a description of who he was and what they could expect from him.

Begin your time with God at the most natural place ever: God's own name.

- Voice your agreement with what God's name says about him.
- Ask God for insight into the meaning of his name.
- Pray, asking God to help you live in accordance to his nature as revealed in his name.

Here are some names for God found in the Bible:

Yahweh; God of Perseverance and Encouragement (Rom. 15:5); Compassionate and Gracious (Ex. 34:6); El-Shaddai; The Lord Who Provides (Gen.22:14); The Lord Who Heals You (Ex. 15:25); The Lord Is Peace (Jdg. 6:24); Lord of All the Earth (Mic. 4:13); The Way, The Truth, and The Life (Jn. 6:14); Power and Wisdom of God (1 Cor. 1:24); Lamb in the Center of the Throne (Rev. 7:17); Lamb That Was Slain (Rev. 5:12); Hope of Glory (Col. 1:27); Spirit of Wisdom, Understanding, Counsel, Strength, Knowledge, and Fear of the Lord (Isa. 11:2); Grace and Supplication (Zech. 12:10); Holiness (Lev. 11:45); Love (1 Jn. 4:8); Power, Love, Discipline (2 Tim. 1:7); Wisdom and Revelation in the Knowledge of Him (Eph. 1:17); Spirit of Glory (1 Ptr. 4:14).

2) Seek Me for Personal Revival (5 min)

Psalm 119:25 - "I am at the point of death. Let your teachings breathe new life into me."

Psalm 119:37 - "Take away my foolish desires, and let me find life by walking with you."

Psalm 119:50 - "When I am hurting, I find comfort in your promise that leads to life."

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

Psalm 119:154 - "Be my defender and protector! Keep your promise and save my life."

Revival. It means to be alive again, to be restored to life.

We are dependant upon God for life, physically, socially, mentally, and especially spiritually. How aware are you of your need for his life?

- Is there any known unconfessed sin in my life?
- Am I holding to any unforgiveness or bitterness?
- Are there any questionable activities in my life?
- Am I obeying the Holy Spirit promptly in all things?
- Am I confessing Jesus unashamedly?

11) Seek Me for the Youth (5 min)

Matthew 19:14 - "But Jesus said, 'Let the children come to me, and don't try to stop them! People who are like these children belong to God's kingdom.'"

Deuteronomy 6:6-7 - "Memorize his laws and tell them to your children over and over again. Talk about them all the time, whether you're at home or walking along the road or going to bed at night, or getting up in the morning."

Joel 2:28 - "Later, I will give my Spirit to everyone. Your sons and daughters will prophesy. Your old men will have dreams, and your young men will see visions."

One of God's great mandates is for the fathers to teach their children to follow after his ways. God is very much concerned that each generation passes on what they learned so that the following does not have to start from scratch.

I think of it like stepping-stones. As I walk along a path of stepping-stones, I carry one in my arms. I take one step at a time, and then I come suddenly to a place where there are no more stones. The path is ended. That's where I place my stone.

Each of us is responsible for leading the next generation closer to Jesus. What better way to start in this is there than to pray?

- Pray for the youth to come into a new intimacy with and obedience to God.
- Pray for radical, committed disciples living in holiness.
- Pray for the youth to serve God wherever he leads.

10) Seek Me for Healing of Relationships (5 min)

Matthew 6:14-15 - "If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins."

Matthew 5:23-24 - "So if you are about to place your gift on the altar and remember that someone is angry with you, leave your gift there in front of the altar. Make peace with that person, then come back and offer your gift to God."

Philippians 2:2-3 - "Now make me completely happy! Live in harmony by showing love for each other. Be united in what you think, as if you were only one person. Don't be jealous or proud, but be humble and consider others more important than yourselves."

God intended for the church to work together in unity as a single body. Just as a body that attacks itself or doesn't work in unison is unhealthy, so is a church filled with envy, strife, jealousy, and selfishness. We are to live submitted one to another.

- Pray for peace among believers (Rom. 12:18).
- Pray for godly humility (Micah 6:8).
- Pray for the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, and self-control (Gal. 2:22-223).

Is there anyone with whom you need to be reconciled? Write the person's name down, and make sure you resolve to fix the relationship.

3) Seek Me for Family and Friends (5 min)

1 Corinthians 3:7 - "What matters isn't those who planted or watered, but God who made the plants grow."

Colossians 4:3 - "Be sure to pray that God will make a way for us to spread his message and explain the mystery about Christ, even though I am in jail for doing this. "

In prayer, God has given you an incredible tool for the spreading of his word. Your prayers, when partnered with the Spirit-led sharing of the gospel, will result in salvations beyond counting.

Make a short list of family and friends who do not yet know Jesus as Lord and Savior. Then pray for each person on the list. Also ask God if he would like to use you to personally speak to or contact each person.

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

- Ask for God's heart for the person (Rom. 10:1).
- Ask for boldness as you speak (2 Tim. 1:8).
- Ask for God's power to be with you (Acts 4:30).
- Pray against any demonic spirits (Eph. 6:12).
- Ask God to send people to him or her (Matt. 9:38).
- Pray for any of their personal requests (Matt. 6:7-8).

4) Seek Me for the Church (5 min)

Ephesians 5:25-27 - "A husband should love his wife as much as Christ loved the church and gave his life for it. He made the church holy by the power of his word, and he made it pure by washing it with water. Christ did this, so that he would have a glorious and holy church, without faults or spots or wrinkles or any other flaws."

2 Corinthians 11:2 - "I am as concerned about you as God is. You were like a virgin bride I had chosen only for Christ."

As the Bride of Christ, the church is under consistent and sustained attack from Satan, who would see her dirty, distracted, and out for the fight. Yet, thankfully, her Groom will not allow it, and fights on her behalf to make her into a suitable Bride.

Our privilege and responsibility is to pray for the church to become the radiant Bride she is destined to be.

Write down the names of three local churches for which you would like to pray.

1. _____
2. _____
3. _____

- Pray for the church to be restored as a house of prayer and worship (Isa. 56:7, Matt. 21:13).
- Pray for the faithfulness to love God and love people wholeheartedly (Matt. 22:37-39).
- Pray for spiritual revival and holiness (Eph. 3:17-23).

9) Seek Me for the Nations (5 min)

Habakkuk 2:14 - "Just as water fills the sea, the land will be filled with people who know and honor the LORD."

Psalms 67:7 - "Pray for his blessings to continue and for everyone on earth to worship our God."

Revelation 11:15 - "At the sound of the seventh trumpet, loud voices were heard in heaven. They said, "Now the kingdom of this world belongs to our Lord and to his Chosen One. And he will rule forever and ever!"

One day, every nation on earth will be filled with men, women, and children who love and follow Jesus as the savior of their souls. Until then, we pray.

Write down the names of five countries, and pray for each of them.

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

- Pray for the church in each nation to be strong.
- Pray for mature and God-fearing political leaders.
- Pray for the American church to be awakened to world missions.

8) Seek Me for Breaking Strongholds of Sin (5 min)

Ephesians 6:12 - "We are not fighting against humans. We are fighting against forces and authorities and against rulers of darkness and powers in the spiritual world."

Matthew 6:13 - "Keep us from being tempted and protect us from evil."

1 John 5:4 - "Every child of God can defeat the world, and our faith is what gives us this victory."

Proverbs 3:34 - "The LORD sneers at those who sneer at him, but he is kind to everyone who is humble."

There is something about being willing to admit we need help that draws the attention of God. Whether it's a sin that you're struggling with or an spiritual stronghold over your city, humbly come before God and seek his power to break these sins.

Through Jesus, every demonic power has been defeated. Regrettably, many Christians do not yet walk in his victory and freedom but are still tormented. Non-Christians have not even tasted his victory yet.

- Pray against immorality.
- Seek breakthrough against witchcraft.
- Ask God for freedom for drug addicts.
- Pray against racism, injustice, and abortion.
- Ask God to bring peace to warring nations.

5) Seek Me for Your Personal Needs (5 min)

Philippians 4:6-7 - "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel."

Matthew 6:7-8 - "When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers. Don't be like them. Your Father knows what you need before you ask."

Psalms 37:4 - "Do what the Lord wants, and he will give you your heart's desire."

Write down some of your needs and ask God to provide for them. Ask for each one individually and specifically. Don't be vague, or you won't even know when it's answered.

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

- Concentrate on needs, but remember God enjoys giving you the good things you desire.
- Avoid asking God out of anger or bitterness.
- Unless God says "No," ask and keep on asking.

6) Seek Me by Praying Through My Word (5 min)

Psalm 119:11 - "I treasure your word above all else; it keeps me from sinning against you."

Matthew 4:4 - "Jesus answered, 'The Scriptures say: "No one can live only on food. People need every word that God has spoken."'"

John 15:7 - "Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered."

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

Praying through the Bible is one of the best ways to get a deep understanding of God's heart. Rather than simply reading and forgetting, you force yourself to reach for understanding and then to formulate the concept into a request based on God's own heart. Done repeatedly, the Bible becomes food to the soul.

First, find a place in Scripture to read. (Anything will work, but the Psalms are often easiest.) Then talk to God about what the portion of Scripture brings to mind.

- Ask God to give you insight into what you read.
- Read the section of Scripture.
- Think about what you read.
- Pray it back to God in faith, trusting he is the same yesterday, today, and tomorrow (Heb. 13:8).

7) Seek Me by Waiting on Me (5 min)

Psalm 62:1-2 - "Only God can save me, and I calmly wait for him. God alone is the mighty rock that keeps me safe and the fortress where I am secure."

Habakkuk 2:20 - "Let all the world be silent—the LORD is present in his holy temple."

2 Peter 1:2 - "I pray that God will be kind to you and will let you live in perfect peace! May you keep learning more and more about God and our Lord Jesus."

Philemon 1:3 - "I pray that God our Father and our Lord Jesus Christ will be kind to you and will bless you with peace!"

John 14:27 - "I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So don't be worried or afraid."

Revelation 8:1 - "When the Lamb opened the seventh seal, there was silence in heaven for about half an hour."

How often do you get real rest and quietness during your day? Do you ever turn your cell phone off? Are you always listening to music? Is someone always watching the TV or playing a video game at home? Are you constantly at work trying to just make ends meet?

In our busy and noisy world, there are few things so powerful as taking time to simply be quiet before God. So quiet your busy mind, and be experience his peace.

- Take a deep breath and let it out slowly.
- Ask the Holy Spirit for the peace of his presence.
- In silence, simply enjoy him.