

# PERSONAL PRAYER GUIDE

In his book, *The Hour That Changes The World*, Dick Eastman outlines how you can spend an hour in prayer by spending 5 minutes on each of the following 12 aspects of prayer or spend 2-3 minutes on each section for half an hour of prayer:

1	<b>Praise &amp; Worship</b> Psalm 115:1 Begin this time of prayer by praising. Take this time to praise and worship Him for who He is.
2	<b>Waiting on the Lord</b> Psalm 46:11   Romans 12:1 Waiting on the Lord means a silent soul surrender to God and His will. Ask Him to give you the strength to surrender your whole life to Him.
3	<b>Confession of Guilt and Sin</b> Psalm 139:23-24   1 John 1:9 Ask Him to search you, know you, and cleanse you. This is the time to confess sins by name, admit that you are wrong, turn from your sins, and accept God's forgiveness.
4	<b>Praying Scripture</b> Psalm 119:9-16 The Bible is our prayer manual. The Bible is a book that needs to be believed and obeyed. The nature and character of God are revealed in Scripture and so are His promises. Thank God for His promises. Ask God for wisdom and strength to apply Scripture to your life.
5	<b>Watching</b> Colossians 4:2 Be alert! Pray for God to keep you aware and ready while praying. The enemy wants to hinder and distract you, but Jesus wants us to stand firm against those attacks. Be alert of any promptings of God and mindful of any revelation from God.

6	<b>Intercession</b> 1 Timothy 2:12 Pray for God's purposes in the lives of others. To intercede is to stand between God and others and pray for their needs and ask for grace. Pray for the lost, perhaps someone you know specifically or the people group you are trying to reach.
7	<b>Petitions</b> Philippians 4:6   Matthew 7:7 Bring your needs to God in prayer. Come to Him in humility and meekness, yet with boldness as His dearly loved child.
8	<b>Thanksgiving</b> 1 Thessalonians 5:18 Thank God for His provision for you and others. Thank God for something you're particularly thankful for today. Thank Him for the gospel.
9	<b>Singing</b> Psalm 100:1-2 Singing is one way of expressing your worship to God. Don't be ashamed to sing to the God who loved you enough to purchase you with His own life. You can use an existing song, sing Scripture, or sing your own song to Him of His greatness, love and kindness.
10	<b>Contemplation/Meditation</b> Joshua 1:8 <i>"What we take in by the Word we digest by meditation and let out by prayer."</i> (Thomas Manton). Take a few moments to meditate on the Truths and Promises of God found in His word.
11	<b>Faith</b> Matthew 21:22   Hebrews 11:6 Place your faith in God. Seek Him. Believe who He says He is and in His power to deliver on His promises and your requests.

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**Praise** Matthew 6:13 | Psalm 52:9

End this prayer time in praise. How incredible is it that you get to come before the God of the Universe directly in prayer? Your access is made by possible through Jesus.

Conclude with the belief that He has heard you and will answer you.

*"To get nations back on their feet,  
we must first get down on our knees."*

Billy Graham

## 24-HOUR PRAYER SCHEDULE

If prayer matters and makes a difference and no great feat in the history of the church has happened apart from faithful, fervent prayer then we believe that key times in our ministry year should be marked with expectant prayer. significant moments marked by significant commitment to fervent, dependent, expectant prayer.

We see Christmas and the ushering in of a new year as momentous events in the life of the church so we are committing to 24 hours of prayer:

**6am Saturday, December 21st - 6am Sunday, December 22nd.**

**6am Saturday, January 4th - 6am Sunday, January 5th.**

As dates like these approach we will invite members of our congregation to sign up to pray for one hour, filling a 24-hour timeframe with prayer.