

# Practical Ways to Pray for One-Hour

*This is a simple 12-step plan for one hour of prayer that will transform you and the world around you!*

1. **Praise** – Psalm 63:3; Hebrews 13:15; Matthew 6:9. All praise should begin with recognizing God’s nature. Praise is an aspect of prayer in which we vocally esteem God for His virtues and accomplishments.
2. **Be Still** – Isaiah 40:31; Lamentations 3:25. Give time to be quiet in God’s presence. Psalm 37:7 says, “Be still before the Lord ...” This is not meditation or listening, but simply a time to let God love you!
3. **Confess** – Psalm 51:10-11; 1 John 1:9. The Psalmist asked God, “Search my heart,” because unconfessed sin is a roadblock to answered prayer (Psalm 139:23-24). Confession clears the way for powerful praying.
4. **Read the Word** – 2 Timothy 2:15; 3:16-17; Psalm 19:7, 8. Read God’s Word. “The commandment of the Lord is pure, enlightening the eyes.” When we bring God’s Word into our prayer, God opens our eyes to walk in truth and pray with power.
5. **Intercede** – 1 Timothy 2:1-2; Psalm 2:8; Matthew 9:37-38. Intercede for a lost and dying world. This includes praying for others who have desperate needs.
6. **Petition** – Matthew 6:11, 7:7; James 4:2. This aspect of prayer concerns our personal needs. Petitions are included in the Lord’s Prayer in the expression, “Give us this day our daily bread.” To petition God is to open our need to Him through prayer.
7. **Pray the Word** – Jeremiah 23:29; 2 Samuel 22:31; Numbers 23:19. Pray God’s Word—specific verses. Praying God’s Word is praying for His will.
8. **Give Thanks** – Philippians 4:6; Psalm 100:4. Paul instructed us to offer prayer and supplication “with thanksgiving.” Thanksgiving should be sprinkled throughout our time with the Lord.
9. **Sing** – Psalm 100:2; Psalm 144:9. Melody is a gift from God to sing praises back to Him. Paul spoke of singing “spiritual songs” (Ephesians 5:19). Learn the beauty of singing a “new” song to God. These songs come from your heart with the inspiration of the Holy Spirit.
10. **Meditate** – Psalm 1:2, 63:6, 77:12. Contemplate, ponder, reflect, and look with thoughtful attention at the names of God, the nature of God, the works of God, and the Word of God.
11. **Listen** – John 10:27; 1 Kings 19:11-12. Whether through His written Word or by the “still small voice” of the Holy Spirit, God speaks to us. But we must take time to listen. Listening is different than both waiting and meditation. Here, we listen for direct orders from our Heavenly Father concerning the activities of our day.
12. **Praise** – Matthew 6:13; Psalm 100:4; Psalm 150. We begin prayer by recognizing God’s nature in praise, and we end the same way. Jesus taught this when He ended His prayer, “For yours is the kingdom and the power and the glory forever, amen!”