

Spending a Meaningful Hour in Prayer

- PRAISE (5 Minutes)
 - Start your prayer hour by praising YAHWEH. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. Seek to bless YAHWEH during your prayer time! Ask Him to help you be a blessing to HIM!
 - Psalm 145:1-3 "...I will bless YAHWEH at all times: His praise shall continually be in my mouth."
- WAITING (5 Minutes)
 - Spend this time waiting on YAHWEH. Let Him pull together reflections for you. Ask Him to impress you of anything specific He wants to tell you or desires you to do during this prayer time. Like Samuel, say, "Speak, YAH, Thy servant heareth." Make a note of any sins He impresses you to confess, tasks He asks of you to do, or any other things He communicates to you in this time.
 - Psalm 27:14 "Wait on YAHWEH: be of good courage, and He shall strengthen thine heart: wait, I say, on YAHWEH."
- CONFESSION (5 Minutes)
 - Ask YAHWEH to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to YAHWEH and claim 1 John 1:9 so that you might be cleansed for the remainder of the hour before you, and then pick up and read the Word. (read Psalm 51:1-19 from your Bible)
 - 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."
- READ THE WORD (5 Minutes)
 - Spend time reading promises of God in the Psalms, in the prophets, and passages on Yahshua located in the New Testament. Check your concordance to get the fuller meaning.
 - Psalm 119:11 "Thy Word have I hid in mine heart, that I might not sin against Thee."
- PETITION (5 Minutes)
 - . **PETITION** This is the time for you to present your requests for yourself and others, praying through your prayer list, the prayer cards, or personal prayer interest on behalf of yourself and others. (Hebrews 4:16)
 - Hebrews 4:16 "Let us therefore come boldly unto the Throne of Grace, that we may obtain mercy, and find grace to help in time of need."
- INTERCESSION (5 Minutes)
 - Specific warfare prayer on the behalf of others. Pray specifically for those spiritual attacks of which you are aware.

- Matthew 16:19 “And I will give unto thee the keys of the Kingdom of Heaven: and whatsoever thou shalt bind on earth shall be bound in Heaven: and whatsoever thou shalt loose on earth shall be loosed in Heaven.”
- PRAY THE WORD (5 Minutes)
 - To do this, take the Scriptures and start praying the Scriptures... You may choose to pray the famous prayer of Jabez... Or you may pray a section of Psalm 119. Psalm 119 lends itself beautifully to prayer expression. (read Psalm 119:38-46)
 - Psalm 119:38-39 “Stablish Thy Word unto Thy servant, who is devoted to Thy Fear... Behold, I have longed after Thy Precepts: quicken me in Thy Righteous-ness.”
- THANKSGIVING (5 Minutes)
 - Spend these minutes giving thanks to YAHWEH for specific blessings and answered prayers in your life.
 - Philippians 4:6 “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”
- SINGING (5 Minutes)
 - Take your hymnal and sing a prayer song, sing a praise song, sing a song regarding soul winning or witnessing. Let it be a time of praise in song.
 - Psalm 16:8-9 “Give thanks unto YAHWEH, call upon His Name, make known His Deeds among the people. Sing unto Him, sing psalms unto Him, talk ye of all His wondrous Works.”
- MEDITATE (5 Minutes)
 - Ask YAHWEH to speak through His Law. Choose a verse in the Torah (Genesis to Deuteronomy) and prayerfully consider it and its meaning. Copy the verse onto a 3x5 card so you can carry it with you to meditate on throughout the day as well.
 - Psalm 119:97 “O how love I Thy Law! It is my meditation all the day.”
- LISTEN (5 Minutes)
 - Spend time merging the things you have read from the Word, the things you have prayed, the things you have thanked YAHWEH for, the things that you have been singing, and see how YAHWEH brings them all together to speak to you.
 - John 10:27 “My sheep hear My Voice, and I know them, and they follow Me.”
- PRAISE (5 Minutes)
 - Praise YAHWEH for the time you have had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He raised up in your mind. (read Psalm 103:1-13)
 - Psalm 103:1-13 “Bless YAHWEH, O my soul: and all that is within me, bless His holy Name.”