



## How to Spend One Hour in Prayer

I am a person of action. It's hard for me to sit still perhaps because I wonder what I'm accomplishing when I'm not "doing" anything. So, when I was challenged to spend an hour in prayer and was taught that part of that hour would include "listening, meditating, waiting and watching" I wondered what I was "doing." But Scripture teaches the importance of those things so one summer I committed to spend an hour in prayer every morning.

At first it was hard to listen, meditate, wait and watch. I wanted to praise, sing, intercede, petition and give thanksgiving. But nevertheless, my prayer guide told me to intersperse listening, meditation, waiting and watching in between those other things so I stuck to the plan. For a little while I didn't really notice any difference in my life. But gradually, about three weeks into my prayer experiment I realized that I was calmer, I was learning to rest. My confidence in God's ability to speak to me was growing and powerful spiritual truths were penetrating the deep parts of me. I became a believer in the importance of spending an hour in prayer that includes these minutes of doing "nothing." For it was the "nothing" minutes that triggered the greater things God had for me to learn!

I created this prayer guide as a tool to use to spend an hour in prayer. Invite God to transform your life as you commit to this time with Him.

Spending an hour in prayer is easier when you break it down into 5 minute segments. Here are 12 five minute segments with Scripture guides. Read the Scripture and do the activity (praise, watching, confession, etc) for the entire five minutes. Move on to the next activity when five minutes are done.

1<sup>st</sup> 5 minutes: Praise God for His Attributes.

- Proverbs 18:10
- Psalm 7:17, 145:17 and 63:3

2<sup>nd</sup> 5 minutes: Wait in silence.

- Psalm 46:10
- Psalm 27:14

- HINT: Keep a notepad handy, if your mind wanders to your “to do” list, just jot it down then concentrate on clearing your mind.

3<sup>rd</sup> 5 minutes: Confess your faults.

- Psalm 51
- Psalm 139:23-24
- Confession is agreeing with God regarding your attitudes and behavior; asking sincerely for forgiveness and recognizing that He wipes your slate clean

4<sup>th</sup> 5 minutes: Pray Scripture.

- Jeremiah 23:29
- 2 Corinthians 1:20
- Choose Scripture that applies to whatever comes to mind and pray those Scriptures to God.

5<sup>th</sup> 5 minutes: Watch.

- Colossians 4:2
- Hint: Ask God to heighten your awareness of evidence of His presence in your life. That summer I sat on the back porch and listened to the birds sing, the wind blow—I watched the clouds, the trees and the grass. Just be still and watch.

6<sup>th</sup> 5 minutes: Intercession (praying for others)

- I Timothy 2:1-2
- I am not normally a “list” prayer but this is where a list is handy. Pray for people you love, for leaders in your church, for people in positions of influence and for missionaries

7<sup>th</sup> 5 minutes: Petition (personal needs)

- John 15:7
- I Peter 3:12

8<sup>th</sup> 5 minutes: Thanksgiving

- Ephesians 5:20
- I Thessalonians 5:18
- Be specific and fresh each day (don’t just rehash the same list over and over again)

9<sup>th</sup> 5 minutes: Singing



- Psalm 100:2
- Belt it out; this is music for God's ears only using the voice He gave you. Even if you can't carry a tune, He will enjoy it. If you can carry a tune sing all the more!

10<sup>th</sup> 5 minutes: Meditate on Scripture

- Psalm 104:34
- If you're reading through the Bible this is a good place to do that. If not, this is a good time to read a passage of Scripture slowly asking God to speak to you through His Word.
- Record certain verses or what you are hearing God say.

11<sup>th</sup> 5 minutes: Listen for instruction

- I Samuel 3:9
- God speaks to you in the way He knows you think. Invite Him to speak to you in this time. Record what you hear. Learn to trust your ability to hear God's voice. As you are seeking Him know that He is also seeking you.
- Luke 19:10

12<sup>th</sup> 5 minutes: Praise God for the experience of your time together

- I John 5:14-15
- Psalm 113:3

It's as simple as that! An entire hour spent in prayer. At first it might seem regimented and disciplined but as you grow in your experience of prayer you will forget the 5 minute limits and move from one thing to the next. You might camp out longer in thanksgiving or meditating, God will bless your efforts and reward you with spiritual wisdom and insight.



For more information on how to pray and a one hour prayer guide using the Lord's Prayer read *Oh God, Please Teach Me to Pray*. Order your copy online at [www.leighannmccoy.com](http://www.leighannmccoy.com)