

Spending an Hour in Prayer

Matthew 26:40 "...what, could you not watch with Me one hour?"

Psalm 86:1-7 v5 "For You, Lord are good, and ready to forgive, and abundant in mercy to all those who call upon You."

Option 1:

Consider spending 5 minutes on each of the below:

- 1.Begin with **ADORATION**. Psalm 71:8; Psalm 65:1
- 2.Move into **CONFESSION**. Daniel 9:4; Ezra 10:11; Psalm 51:1,2
- 3.Then **WAIT** upon the Lord. Psalm 37:7; Hosea 12:6
- 4.Spend a moment and **READ** the Word. Rev. 1:3; Jer. 36:6
- 5.Make **INTERCESSION**. I Tim. 2:1
- 6.Now **PRAY**, using the Word. Phil. 1:3-6; Ps. 42; 51; John 17
- 7.Pause in **MEDITATION**. Psalm 19:14
- 8.Offer **PETITION**. I Samuel 1:17
- 9.Lift your voice, **SING** the Word. Psalm 95:1
- 10.Stop and **LISTEN** for the Lord. Isaiah 55:2,3
- 11.Give **THANKS**. Psalm 100:4
- 12.Close with **BENEDICTION**, speaking blessing on others.

Option 2:

Consider spending 5 minutes on each of the sections in the wheel:

