

The Hour of Prayer

This is a model of prayer for those longing to pray for one hour, but find it difficult to get started. It has been adapted from the book entitled "The Hour That Changes The World" by Dick Eastman.

1. Praise

- Recognize God's name
 - Jehovah = He was, He is, He will be
 - Nissi, Jireh, Shalom, Rapha, Roi, Tsidkenuh
 - El Shaddai = our provision
- **Praise 52:9** "I will praise You forever, because You have done it; and in the presence of Your saints I will wait on Your name, for it is good."
- **Psalm 63:3** "Because Your love is better than life, my lips will glorify You."

2. Waiting

- Silent soul surrender
- **Psalm 27:14** "Wait on the Lord; be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord!"
- **Psalm 46:10** "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- **Psalm 62:5** "My soul, wait silently for God alone, for my expectation is from Him."
- **Isaiah 40:31** "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

3. Confession

- Temple cleansing
- **Psalm 32:5** "I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," and You forgave the iniquity of my sin."
- **Psalm 139:23** "Search me, O God, and know my heart; test me and know my anxious thoughts."
- **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."

4. Scriptural Praying

- Word enriched prayer
- **Jer. 23:29** "Is not My Word like fire," declares the Lord, " and like a hammer that breaks a rock in pieces?"
- **John 14:14** "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you,"
- **Romans 8:26** "Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."

5. Watching

- Develop holy alertness
- **Habakkuk 2:1** "I will stand my watch and set myself on the rampart, and watch to see what He will say to me, and what I will answer when I am corrected."
- **Matthew 24:42** "Watch therefore, for you do not know what hour your Lord is coming."
- **Matthew 26:41** "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."
- **Colossians 4:2** "Devote yourselves to prayer, being watchful and thankful."

6. Intercession

- Remember the world
- **Numbers 14:19** "Pardon the iniquity of this people, I pray, according to the greatness of Your mercy, just as You have forgiven this people, from Egypt even until now."
- **Psalms 122:6** "Pray for the peace of Jerusalem: "May they prosper who love you.""
- **Matthew 5:44** "But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."
- **1 Timothy 2:1 – 2** "I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

7. Petition

- Share personal needs
- **Psalms 20:5** "We will rejoice in your salvation, and in the name of our God we will set up our banners! May the Lord fulfill all your petitions."
- **Matthew 7:7** "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."
- **James 5:13** "Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."
- **1 John 5:15** "And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."

8. Thanksgiving

- Confess your blessings
- **Psalm 95:2** "Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms."
- **Psalm 100:4** "Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name."
- **1 Thess. 5:18** "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
- **1 Timothy 1:11** "I desire therefore that then men pray everywhere, lifting up holy hands, without wrath and doubting;"

9. Singing

- Worship in song
- **1 Chronicles 16:9** "Sing to Him, sing psalms to Him; Talk of all His wondrous works!"
- **Psalm 69:30** "I will praise the name of God with a song, and will magnify Him with thanksgiving."
- **Psalm 100:2** "Worship the LORD with gladness; come before Him with joyful songs."
- **1 Corinthians 14:15** "What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding."
- **James 5:13** "I anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

10. Meditation

- Ponder spiritual themes
- **Joshua 1:8** "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."
- **Psalm 119:15** "I will meditate on Your precepts, and contemplate Your ways."
- **Psalm 145:5** "I will meditate on the glorious splendor of Your majesty, and on Your wondrous works."
- **1 Timothy 4:15 – 16** "Meditate on these things; give yourself entirely to them, that your progress may be evident to all. Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you."

11. Listening

- Receive spiritual instruction
- **Job 22:22** "Receive, please, instruction from His mouth, and lay up His words in your heart."
- **Proverbs 8:33** "Hear instruction and be wise, and do not disdain it."

- **Eccl. 5:2** “Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.”
- **Isaiah 51:7** “Listen to Me, you who know righteousness, You people in whose heart is My law: Do not fear the reproach of men, nor be afraid of their insults.”

12. Praise

- Recognized God’s nature
- **Psalm 52:9** “I will praise You forever for what You have done; in Your name I will hope, for Your name is good. I will praise You in the presence of Your saints.”