**An hour to change the world**

One way to pray for an hour is to break it down into sections. The suggested sections below are based on the book ‘The Hour that Changes the world’ by Dick Eastman. There are 12 sections and it is suggested that you spend 5 minutes on each one.

**1. Praise and Worship**

*Psa 115:1 Not to us, O LORD, not to us but to your name be the glory, because of your love and faithfulness.*

Worship God for who He is: the One who created you – for His unfailing Word – for your salvation – that you are included in His purpose…

**2. Waiting on the Lord**

*Ps. 46:11 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

This is a time of unhurried silence before God where you spiritually close the door to any influence from the world and enter into His presence by an act of faith. Maybe you can imagine him sitting beside you.

**3. Confession**

*Isaiah 59: 1-2 Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.*

*1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

This is the time to confess your sins by name, admit that you are wrong, turn from your sins and accept God's forgiveness.

**4. Praying Scripture helps us to pray according to God's agenda (A Psalm may be helpful)**

*Hebrews 4 v 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart*

*2 Timothy 3:16-17 God has breathed life into all Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right. By using Scripture, the servant of God can be completely prepared to do every good thing.*

This is Word-enriched prayer – The Bible is our prayer manual. During this time ask God; "Lord, what promises can I claim for me, what commands must I obey, what warnings I must pay attention to?"

**5. Watching**

*Colossians 4:2 Devote yourselves to prayer, being watchful and thankful.*

Be especially wary and alert for the possible onslaughts of the devil. Pray and ask the Holy Spirit to guard your heart and mind, to be alert to any prompting of the Lord any revelation from Him, to ask for insight, discernment, wisdom, to know on what to focus and what your priorities should be. Ask the Lord what is on His heart and on His agenda and how you fit into his plan today.

**6. Intercession is to pray for others, to concentrate on the needs and distress of other people, to stand in the gap for someone else**.

*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.*

It is God's method of getting His children involved in His plan for the world. When you intercede you stand at God's side and you work with Him for the salvation or benefit of someone else.

**7. Petition for your personal needs.**

*Matthew 6:11 Give us today our daily bread.*

*Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

*1 Chronicles 4:10 Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.*

Come to God in total dependence and humility and ask Him to provide in all your needs. Come to God as His servant and child bringing your own distress, emotions, crisis situations, needs and desires before him.

**8 Thanksgiving is a time to acknowledge our appreciation to the Lord for His care and protection and for who He is.**

*1 Thess. 5:18. Give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

Think about the day and thank God for His care and provision for you and for others. Thank the Lord for new things He has done and still do, spiritual, material, physical and social. Thank the Lord for who He is, His gifts, answers to prayer and for all His blessings.

**9. Song is melodious praise and worship.**

*Psalm 100 Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he, who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations.*

Worship and praise to God in song. You can use existing songs or you can sing your own new songs.

**10. Meditation means to reflect upon or examine a matter more closely and to evaluate it spiritually.**

*Psalm 1:1-2 Blessed is the man who does not walk in the counsel of the wicked …… But his delight is in the law of the LORD, and on his law he meditates day and night.*

*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.*

Take a portion of Scripture and meditate on it. Make God the main focus of your meditation; His works, His Word, His character.

**11.Listening**

*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.*

Listen to the inner voice of the Holy Spirit. Ask God to reveal his will for you, to give you guidance, to show you what he wants you to notice and pay attention to.

**12. Worship**

*Matthew 6:13 "…For yours is the kingdom and the power and the glory forever. Amen." (NKJV)*

Let your Amen be strong at the end and confirm thus that you believe that God has heard you and will answer you. This is where you declare: Yours is the kingdom and the power and the glory for ever. Amen.