

ONE HOUR THAT CHANGES THE WORLD

This outline for prayer is based on Dick Eastman's book *The Hour that Changes the World*. This plan divides your hour of prayer into twelve five-minute segments. After you pray for a five minute segment, proceed to the next one immediately.

1. PRAISE AND WORSHIP: Adoration and consecration before God...

Not to us, O Lord, not to us, but to Your name give glory, for the sake of your steadfast love and your faithfulness!
Psalm 115:1 (ESV)

- ❖ If you're physically able, this is a good time to kneel before the Lord and physically position yourself to a place of humility in His presence.
- ❖ Worship God for who He is—focus on a different aspect of His character each week : His righteousness, love, holiness omnipotence, greatness, faithfulness, omniscience, His Word, His creation, His redemptive work, etc.
- ❖ This is the time to worship God for who He is. Elevate Him and honor His holy name.

2. WAIT ON THE LORD: Surrender before God...

Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!
Psalm 46:10 (ESV)

- ❖ This is a time to be silent before God. You have now literally closed the door to the outside world are alone in the presence of God.
- ❖ Focus your heart on God. Seek to empty your mind of any outside concerns and rivet your attention on the Lord and His greatness.
- ❖ Make certain that your are in living contact with the Lord, that you aren't rushing through this precious time in His presence.
- ❖ You will be tempted to let your mind wander and think about other concerns; train your thoughts on God the Father, Son, and Holy Spirit alone.

3. CONFESSION/HUMILIATION: Confessing my sins and seeking cleansing before God...

Behold, the Lord's hand is not shortened, that it cannot save, or His ear dull, that it cannot hear; but your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear.
Isaiah 59:1-2 (ESV)

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all righteousness.

1 John 1:9 (ESV)

- ❖ This is time for me to agree with God about my sins. Examine your heart and ask the Holy Spirit to reveal every sin that needs to be confessed.
- ❖ Ask God to reveal every form of pride and lack of love in your life. Consider not only those acts of disobedience, but those acts of negligence that have kept you from experiencing God's blessings.

4. SCRIPTURE PRAYING: Pray according to God's agenda and revelation...

- ❖ The Bible is your manual on how to pray. Seek to search God's promises and pray them back to God.
- ❖ Search passages of Scripture and ask "Which promises should I appropriate?" "Which warnings should I contemplate?"
- ❖ Psalms and Proverbs are often great resources for finding Scripture to pray back to God.

5. WATCHING: A time of spiritual observation, to watch spiritually and be deeply mindful of things that need prayer...

Continue steadfastly in prayer, being watchful in it with thanksgiving.
Colossians 4:2 (ESV)

- ❖ This is a time to watch and be aware of possible attacks from Satan. Pray and ask the Holy Spirit to guide you in warfare and wisdom.
- ❖ Be aware of any guidance or revelation from the Lord.
- ❖ Ask God for insight, discernment, and understanding for what you should focus on in your prayer priorities.

6. INTERCESSION: Standing in the gap for others and praying for their needs...

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.
1 Timothy 2:1-2 (ESV)

- ❖ Pray for God's plan for other people's lives.
- ❖ Call out the names of those that are lost and pray for their salvation.

- ❖ Call out the names of those that have spiritual and physical needs, praying for God to move in powerful ways.
- ❖ Pray for people under the authority of Jesus and in the power of His name.

7. PETITIONS-PERSONAL NEEDS:

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)

- ❖ Make your own distress, needs, and desires known to God.
- ❖ In humility and faith ask God to supply your needs, not for your own comfort, but for His glory.
- ❖ Pray for the spiritual and physical needs of your family and those closest to you.

8. THANKSGIVING: Expressing my appreciation to God for His care and for who He is...

*...give thanks in circumstances; for this is the will of God in Christ Jesus for you.
1 Thessalonians 5:18 (ESV)*

- ❖ Think about the week and how God has provided for you.
- ❖ Thank God for the new things He did, spiritually, physically, and in your relationships.
- ❖ Thank Him for who He is, for His presence in prayer and all His blessings.
- ❖ Be specific in your thanksgiving.

9. SINGING/RELECTION: Making praise and worship a melody in your heart...

I will sing of steadfast love and justice; to you, O Lord, I will make music. I will ponder the way that is blameless. Oh when will you come to me? Psalm 100:1-2 (ESV)

- ❖ You can use the hymnal in the prayer room as a resource for singing and reflecting on songs of praise and worship.
- ❖ This is a battle cry against the forces of evil at work around us.
- ❖ This is a great way to focus your heart on God and glorify Him.

10.MEDITATION: Consider or investigate an issue at a deeper level; evaluate things in the power of the Holy Spirit.

This Book of the Law shall not depart from you mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Joshua 1:8 (ESV)

- ❖ Meditate on the nature of God—Father, Son, Holy Spirit, Creator, Redeemer, etc.
- ❖ Choose a Scripture to meditate on—read it over and over again focusing on a different word or phrase.

11.LISTENING TO GOD: Asking God to reveal to you the things He wants you to focus on and pay attention to...

Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few.

Ecclesiastes 5:2 (ESV)

- ❖ Focus on listening to the inner voice of the Holy Spirit.
- ❖ Seek guidance from God's Word.
- ❖ Where you ask God—"What do you want me to do Lord?" "What is your will for me today?"
- ❖ It's proper and fitting to even ask God the hard questions, the difficult questions that have not been answered yet.
- ❖ HOWEVER...always be careful about saying "The Lord told me this or that."

12.PRAISE AND WORSHIP: Glorifying God and telling Him that you know He is the God who has heard you and will be faithful to respond...

"I am the Alpha and Omega the first and the last, the beginning and the end."

Revelation 22:13 (ESV)