

# One Hour Alone with God

## PRAYER WHEEL



*Intercessory Prayer Ministry Handbook  
Picayune's First Baptist Church  
February 2010*

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Welcome to a Life-Changing Experience!

That is exactly what the prayer life of a believer represents. I have found it true over and over again that I often enter into prayer asking God to change things, and He ends up changing me! Prayer is an exercise that produces transformation. It changes you.

I have no hesitation in saying that the most important ministry in our church is our Intercessory Prayer Ministry. That is why from the outset I must confess that as your pastor, I have been slow to provide leadership in this area. I have come to realize how woefully foolish I have been by seeing myself as a leader of God's people, but having failed to lead them to pray. My hope is that you will forgive me, and that God will ignite a prayer movement among us that will shake our community and the world around us for God's glory.

E. M. Bounds writes "God's conquering days are when the saints have given themselves to mightiest prayer." Your commitment to pray each week for one hour is just the beginning of a movement that will result in God's "conquering days" in the life of this church. Thank you for laying hold of God. Thank you for leading from your knees. Let's pray.

Hungry for His Presence,

Pastor Keith Warden

# 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 and 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 you 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 your 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)*

As you become familiar with this format in prayer, you will be able to simply use this Prayer Wheel as a prayer guide...



## Prayer Promises in God's Word

*Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Luke 10:19 (ESV)*

*Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. Matthew 18:19 (ESV)*

*And this is the confidence that we have toward Him, that if we ask anything according to His will He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests that we have asked of Him. 1 John 5:14:-15 (ESV)*

*Through You we push down our foes; through Your name we tread down those who rise up against us. Psalm 44:5 (ESV)*

*For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you." Matthew 17:20 (ESV)*

*The God of peace will soon crush Satan under your feet. Romans 16:20 (ESV)*

*But He said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 2 Corinthians 12:9-10 (ESV)*

*...no weapon that is fashioned against you shall succeed... Isaiah 54:17 (ESV)*

*Oh sing to the Lord a new song, for He has done marvelous things! His right hand and his holy arm have worked salvation for Him.*  
Psalm 98:1 (ESV)

*Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.*  
Proverbs 19:21

*Therefore God has highly exalted Him and bestowed on Him the name that is above every name so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*  
Philippians 2:9-11 (ESV)

*And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.*  
Revelation 12:11 (ESV)

*He has delivered us from the dominion of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.*  
Colossians 1:13 (ESV)

*...remember the former things of old; for I am God, and there is no other; I am God, and there is none like Me, declaring the end from the beginning and from ancient times things not yet done, saying, "My counsel shall stand and I will accomplish all my purpose..."*  
Isaiah 46:9-10 (ESV)

*Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.*  
Ephesians 3:20 (ESV)

## HOW TO PRAY FOR A PERSON

### ❖ **Begin by focusing on God Himself.**

- Visualize Jesus standing by the person with His arms outstretched saying “I am here!”
- Visualize Jesus’ tears of love and compassion for this person.
- Thank God for His plan and purpose in this person’s life.
- Thank God that Jesus died on the cross for this person.
- Thank God for the availability of His power in this person’s life.

### ❖ **Thank God for this person.**

- Never yield to the temptation to criticize or judge the person you are praying for.
- Thank God for this person’s potential and God-given gifts and skills.
- Thank God that the Holy Spirit is already working in this person’s life.
- Thank God for what He is about to do in this person’s life.

❖ **Intercede for the person.**

- Ask God to guide you in praying for this person and to guide your concern.
- Ask God to block and frustrate Satan's plans in this person's life.
- Ask God to make this person open to God's voice and sensitive to his own sin and need.
- Ask God to bring glory to Himself in this person's life.
- Ask God to bring healing, deliverance, or salvation in this person's life in a way that brings God the greatest glory.
- Ask God to use whatever circumstances, people, or experiences in this person's life to dissolve resistance to the work of the Spirit.

❖ **Claim God's promise for salvation or need.**

- Declare your faith firmly on the promises of God's Word; apply any Scripture that God leads you to claim.

❖ **Persevere in prayer.**

- Remind God that you love the person and know that His love for this person will never fail.
- Express your willingness to be patient with the work of the Holy Spirit.

- Believe God in the face of every discouraging symptom or setback.
- Be sensitive to God leading you to enlist the prayers of others.
- Recognize when God is leading you to make personal contact with the person.
- Expect God to answer at any moment.

***Pray, Believe, and Praise God***

***Until the Answer Comes!!!***

# **INTERCESSORY PRAYER MINISTRY**

## **First Baptist Church**

*The intercessory prayer ministry of First Baptist Church encourages ongoing opportunities for training in prayer, prayer room ministry, and corporate prayer gatherings. The primary focus of this ministry is training, enlisting, and engaging an ongoing 24-hour a day prayer ministry.*

### **Prayer Ministry Team Members**

1. Chairman-Leads the ministry and assists the pastor by providing ongoing prayer orientation for new volunteers
2. Team Captains-a different captain is assigned to each day of the week. He/she prayerfully enlists new intercessors for that day, keeps the prayer room organized, checks messages on the prayer phone line, and serves as a contact person for that day's intercessors.

### **Intercessory Prayer Room**

1. Prayer Card Files
2. Emergency Prayer Requests
3. Staff Prayer Requests
4. First Family Prayer Requests
5. Missions Prayer Needs

### **Prayer Room Policies**

1. All intercessors in the prayer ministry must have completed the Intercessory Prayer Ministry orientation.
2. The prayer room is always locked. Only intercessors who have completed orientation will

know the combinations to locks. The door should never be answered when someone knocks. Anyone needing entrance to the prayer room should know the combination.

3. No food or drink is allowed in the Prayer Room.
4. Please set cell phones to the silent position and refrain from making personal calls in the prayer room except in the case of emergency.
5. The prayer team captain will be responsible for checking messages on the prayer line telephone.
6. ALL PRAYER REQUESTS ARE CONFIDENTIAL. They are not to be taken out of the prayer room. Anyone compromising this policy will be asked to leave the prayer ministry.
7. You are encouraged to pray individually during your prayer room assignment. Prayer partners are acceptable, but they should consist of parent-child, husband-wife, or same-sex teams.

### **Prayer Room Procedures**

1. Be faithful to your commitment. If you cannot be there, recruit a stand-in intercessor. Stand-ins must complete the orientation as well.
2. Adjust the sign at the door to signify when the room is in use.
3. Arrive on time and sign in. Early arrivals and staying over time will conflict with other intercessors who sign up for the hour before or after your assigned time.

4. Before you leave, indicate the needs you prayed for on the sign-in sheet. Leave the prayer room in neat order when you leave it.

## **INTERCESSORY PRAYER MINISTRY COVENANT**

*I am entering into a covenant with my Lord and Savior to develop the life of a prayer warrior.*

*I trust in Your promise: "...if My people who are called by My name humble themselves, and pray and seek My face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land" (2 Chronicles 7:14 (ESV)).*

*I covenant with God the Father, Son, and the Holy Spirit and with the body of Christ at Picayune's First Baptist Church, to seek the Lord and His strength for the lost, the hurting, the sick, and the oppressed. I will uphold the body of Christ, the leaders in our church, community and nation. I will hold these requests constantly before God and not other men and women.*

*I will strive to keep my life pure and available to God. As a prayer warrior, I will be a trustworthy steward of all prayer requests.*

*And now to Him who is able to do far more abundantly than all that we ask or think (Eph. 3:20), I enter into this covenant with praise and thanksgiving.*

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Name

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Date

## READING LIST

*Experiencing Prayer with Jesus*, Henry and Norman Blackaby

A great resource on prayer from the author of *Experiencing God*.

*E.M. Bounds on Prayer*, E.M. Bounds

One of the definitive works on prayer from probably the most authoritative writer on the subject.

*Fresh Wind, Fresh Fire*, Jim Cymbala

This tells the story of how a prayer ministry was utilized to build one of the most effective churches in the world, the Brooklyn Tabernacle.

*The Power of Prayer and Fasting*, Ronnie W. Floyd

A very practical guide on how to practice the disciplines of prayer and fasting.

*Celebration of Discipline: The Path to Spiritual Growth*,  
Richard J. Foster

One of the classic books on prayer as a spiritual discipline.

*The Prayer of Jesus*, Ken Hemphill

Explores the Model Prayer of Jesus as a blueprint for effective prayer.

*The Doctrine of Prayer*, T.W. Hunt

The early work of the most authoritative voice on prayer in the Southern Baptist Convention.

*A Hunger for God: Desiring God Through Fasting and Prayer*, John Piper

A powerful book on the theological purpose of fasting and prayer and its impact on your life.

*Too Busy Not to Pray*, Bill Hybels

A contemporary classic on prayer and a great resource for beginners in the discipline of intercessory prayer.