

## One-Hour Prayer Guide

### Suggestions

**Get comfortable.** The stiffer you feel, the more formal your relationship will be. Sitting is fine. If kneeling helps, do it. You might want to take an hour's walk. Sometimes I pace throughout the house.

Next, **try praying out loud**, though not loud enough to disturb others. Being able to hear yourself pray really helps. You'll find that your mind doesn't wander as easily and that you can pray more fervently.

But don't feel you have to do all the talking. Discuss something with the Lord, then **be silent** for a time. Sometimes God uses these times of listening to implant His answers in our minds. Gradually you'll find that prayer can be a conversation.

**Don't worry about keeping to the times suggested here.** It's only to get you started, to help you believe you actually can spend sixty minutes in prayer. You'll find God will guide you in your prayer time. It's not a program, it's a relationship.

Lastly, you will be praying through the ACTS model for praying, Adoration, Confession, Thanksgiving, and Supplication. As you do so, half of your prayer time will be spent focusing on God, who he is, and what he has done, and half of your time will be spent in supplication or request. Remember the importance of this. Praying in this way gets your heart in an appropriate place to be able to pray with confidence and power.

Now, go for it.

### Preparation

#### 5 Minutes: Beginning Prayer

Ask God to help you spend this time profitably with Him. Ask His guidance. Give yourself to Him for this hour.

#### 10 Minutes: Adoration

You may take this time to sing praises to him, meditate on one of your favorite hymns or praise songs, or carefully read through and reflect on a passage of Scripture, and then pray that back to God. Remember that the God that you are adoring is sovereign over COVID-19, the economy, and all other issues.

Some suggested passages are...

Psalm 103, Rev. 5:9-13, Isaiah 6:1-7, Phil. 2:5-11

## **10 Minutes: Confession**

**Psalm 66:18**—If I had cherished iniquity in my heart, the Lord would not have listened.

**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.

Spend a couple of minutes going over with Him recent sins that weigh on you. But don't dredge up old ones. Ask His cleansing, then accept it by faith and thank Him for it. He is far more willing to forgive than you are to ask.

### **Sometimes I find this prayer helpful:**

*Most Holy Father, I confess that I have sinned against you in thought word and deed by what I have done and what I have left undone. I have not loved you with my whole heart and I have not loved my neighbor as myself. I am truly sorry and I humbly repent. Have mercy on me for the sake of your Son Jesus that I might delight in your will and walk diligently in your ways to glory of your Name. Amen. Most merciful Lord, please forgive me of my sins and cleanse me from hidden faults. By the blood of your Son Jesus strengthen me in all goodness, and by the power of your Holy Spirit keep me in eternal life. Glory to the Father, to the Son, and to the Holy Spirit. Amen.*

## **Remind Yourself of the Assurance of your Pardon**

**James 5:16**--...confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

## **10 Minutes: Thanksgiving**

Take this time to simply remind yourself of all of the many good things God has given you both spiritually, physically, relationally, and in any other area of life. Be as thorough as you can be, and thank God from the bottom of your heart for how he has always been faithful.

**Phil. 4:6-7** – do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**1 Thess. 5:16-18** – Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- Give thanks for COVID-19, for we do not know what marvelous things God is up to.

## **20 Minutes: Supplication**

- **For President Trump and Vice President Pence**, that God will give them wisdom and accurate information with which to make decisions that might spare lives.
- **For Dr. Anthony Fauci and Dr. Deborah Birx** as they advise the president. Pray that God will give them good data with which to make life saving predictions.
- **For Governor Cooper**, that he will keep North Carolina's restrictions in place as long as they are necessary and good.
- **For the WHO and the CDC** as they labor to find treatments and vaccines.
- **For the media outlets**, that they would deliver good news that informs rather than incites inappropriate fear and division.
- **For Spain, Italy, New York City, Los Angeles, New Orleans, and Detroit**, that God will slow the spread and death rate of these places that have been hardest hit so far.
- **For our Doctors, Nurses, janitorial staffs in healthcare facilities, and other healthcare employees**, that God will give them protection, skill, and compassion as they treat the ill.
- **For other essential workers in the public service – truck drivers, grocery store and hardware employees, and restaurant servers, etc.**
- **That as Jesus multiplied fish and loaves, he might likewise multiply ventilators and personal protection equipment.**
- **That the curve would be flattened far more than expected.**
- **That God would mercifully hold back the full impact of this illness, and spare thousands of lives.**
- **That God would bring unity to our divided land over this issue.**
- **That God would use this crisis to draw millions to Himself.**
- **That God would unleash revival upon his people, causing our hearts to stop our love affair with the world, and devote ourselves to him.**
- **That God would use the mass broadcasting of worship services to get the word of God, and the worship and prayers of his people in the homes of many who would otherwise never hear it.**