

6.2 Model 1 (Practical Guide on how to pray for one hour)

The hour that changes the world

In his book *The Hour that changes the world*, Dick Eastman suggests that you divide an hour into 12 five-minute periods. After each 5 minutes, you progress to another form of prayer.

1. Praise and worship is an act of adoration and consecration to God (5 min)

Ps.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 plan.
- It is to elevate and honour God.
- It is to acknowledge God for who He is, to magnify Him with our words, our whole being and with our prayer position.
- Praise His Name, His righteousness, love, holiness, omnipotence, greatness, faithfulness, omniscience, His Word, His creation, His redemptive work, etc. You may choose a different theme to use each time during this time of praise and worship. Enlarge on this theme as much as possible, meditate on it, and consider what the practical implications will be for your life and the lives of other people.

2. Wait on the Lord in an act of surrender to and love and admiration for God (Often prayer without words) (5 min)

Ps.46:11: Be still and know that I am God

- This is where I am silent before God.
- Where I close the door in the spirit to any influence from the world.
- Where I come into His presence through an act of faith.
- This is to praise and worship God for who He is.
- During this period of silence, we focus on God and dedicate ourselves again to God. We rejoice in His presence and about His presence.
- This is a time of deep personal and intimate communication with God, this is when I, as a finite and limited being enter into the presence of God, the Unlimited and Infinite Being.
- At this stage, we have to make certain that we have a living contact with God. During this time of waiting on the Lord there is no room for impatience and hastiness, it cannot be rushed.
- During this period, you do not think about anything but God the Father, His Son Jesus your Saviour and the Holy Spirit.
- You do not have to put thoughts that come up into words. Concentrate on your relationship with God and your love for Him.

3. Confession/humiliation is an act of confession and cleansing of myself as the temple of God to give me free entrance to God. (5 min)

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. (Isa.59:1-2) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1John 1:9)

- This is where I acknowledge to my sins, confess my guilt, admit that it is wrong, turn away from it and accept God's forgiveness.
- Where I ask God to show me every form of pride and lack of love and confess it and break with it.
- This is the time for introspection and to allow the Holy Spirit to reveal any un-confessed sins. We only receive forgiveness and deliverance from sin through the blood of the Lord Jesus and His death of atonement on the cross.
- When confessing my sins I do not necessarily ask that God will change my circumstances, but that He will forgive me and change me.

4. Scripture praying is to feed myself spiritually and to pray according to God's agenda and revelation (5 min)

- This is prayer enriched by the Word: the Word is your manual on how to pray.
- This is to pray according to God's promises. God's promises in the Word quicken our faith.
- The Bible is in the first place a book that should be believed and obeyed. In this period I ask: Lord, which promises may I appropriate, which commands do I have to obey, to which warnings do I have to pay attention to?
- We have to remind the Lord day and night about His promises in His Word. As you read the Bible, you should ask the Lord how to apply it to your daily life and in your prayer time.

5. Watching is a time of spiritual observation, to watch spiritually, to be spiritually mindful of issues that need prayer. (5 min)

Devote yourselves to prayer, being watchful and thankful. (Col.4:2)

- To watch and to be aware of possible attacks from Satan. Pray and ask the Holy Spirit to show you the plans, methods, strongholds and strategies of the Evil one.
- To be aware of any guidance from the Lord
- To be aware of any revelation of God
- Ask for insight, discernment, wisdom and to understand what you should focus on in prayer and what should be your priorities.
- To understand the will of God, where He wants to use you today.
- To ask the Lord what is on His agenda and on His heart.
- Is there anything in the newspapers, TV or radio for which we have to pray, things like economic problems, political unrest and wars for which God wants us to pray?

6. Intercession is to stand in the gap for other people, to concentrate on the needs and wants of other people. (5 min)

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. (1 Tim.2:1-2)

- To pray for God's plan for other people's lives.
- To stand between God and other people and pray for their needs – to ask for mercy and grace.
- This is a spiritual position before God – to remain standing until you have the assurance that God hears you and that He releases you from praying about it.
- This is God's way of involving His children in His plan with the world.
- When you intercede, you stand on God's side and work with Him for the salvation or to the advantage of someone else.
- Through prayer, you may become involved in the spiritual battle against the powers of Evil. Pray and ask the Lord to reveal to you, through the work of the Holy Spirit where these powers are at work. On the bases of your authority in Christ, you should bind the powers of Satan in the Name of Jesus and destroy their strongholds and arguments. Resist the devil and do not give him any foothold. Jesus conquered the Evil one on the cross. We, as believers should proclaim this victory on every area of life.

7. Petitions for your personal needs

Give us today our daily bread. (Matt.6:11) 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. (1 Chron.4:10) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Phil.4:6)

- To pray for my 'daily bread'.
- To take my own distress, crises, needs and desires to God.
- In humility and complete dependence, I ask God to supply in my needs. I come as God's servant and His child.
- Do not dictate.
- Come in faith and trust – come as God's friend.
- Be specific.
- As Christians, we may boldly take our personal needs to the Father. We can pray with expectation, even about the smallest things.
- Watch out for selfish desires.

8. Thanksgiving is the time when I express my appreciation to God for His care and protection and for who He is.

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

- Think about the day and thank God for His care for you and others.
- Thank God for new things He did: spiritual, physical and social.
- Thank Him for who He is, His gifts, answers to prayer....all His blessings.
- Be specific in your thanksgiving.

9. Singing is melodious praise and worship.

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. (Ps.100)

- This is an act to praise and worship God with spiritual songs.
- This can be a battle cry against the powers of darkness. Singing and spiritual warfare (our struggle against the Evil one) are indissolubly part of each other.
- Use well-known songs or sing your own new songs. You can start by using Scripture portions adapted into songs.
- This is to glorify, adore and worship the Father in song.

10. Meditation is to consider or investigate an issue at a deeper level, to evaluate it spiritually.

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law, he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Ps.1:1-3) 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. (Josh.1:8)

- Meditate on the nature and being of the Tri-une God, His creation, acts (works) and character.
- Take a particular theme from Scripture and meditate on it. (Righteousness, love, truth, light, peace, holiness, etc.)
- Take a portion from Scripture and meditate on it.
- Make God Himself the focus of your meditation: His words or acts, His Word, His character.

Christian meditation is the opposite of Eastern meditation. Eastern meditation is about a passive

state of mind and to empty your mind. For the Christian meditation is an active process of evaluating, investigation and pondering where your mind is fully involved and where you allow the Holy Spirit and Scripture to lead you. Meditation is to reflect in a disciplined way. Watch out that Satan does not plant his thoughts in your mind. Also, watch out for negative thoughts during this time. Reflect on whatever is true, noble, right, pure, lovely and admirable. When you reflect on a specific portion of Scripture, you should ask yourself what this portion says to you personally.

11. Listening is a period where you receive instructions from God, where you ask Him to reveal to you the things He wants you to notice and pay attention to.

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. (Eccl.5:2)

- Focus on listening to the inner voice of the Holy Spirit.
- Where you ask: What do You want me to do? What is Your will for today?
- Seek guidance from the Word.
- Ask God purposefully to reveal to you His will, plans and strategies.
- Waiting on the Lord is about loving God. During meditation, we want to learn more about God. In the period of listening, we want to hear what God wants to tell us. During this period, I ask; Lord, what do you want from me, what is your will for me?
- You may also ask God specific questions; maybe difficult questions on which you do not have answers. Be sensitive to the Holy Spirit.
- Be careful not to be quick in saying; "The Lord said this or that to me."

12. Praise is to magnify God, to glorify Him, to tell Him that you know to Whom you have been praying and to trust Him with your prayers.

For yours is the kingdom and the power and the glory forever. Amen. (Matt.6:13)

- Make your Amen at the end strong to confirm that you believe God heard you and will answer you. Amen means: this is true and certain, this will be so.
 - This is a final spiritual act to put God on the throne of your life.
 - This is where you confess: For yours is the kingdom and the power and the glory forever. Amen.
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