

Hour of Prayer Guide

Spending an hour in prayer is easier when you break it down into 5-10 minute segments.

1. Praise God for His attributes. Proverbs 18:10, Psalm 7:17, 145:17, 63:3 **(5 Min)**

2. Confess your sins to the Lord (Psalm 51, Psalm 139:23-24, 1 John 1:9) Confession is agreeing with God regarding your attitudes and behavior; asking sincerely for forgiveness and recognizing that He wipes your slate clean **(5 min)**

3. Pray through Scripture. 2 Corinthians 1:20. Choose Scripture that applies to whatever has been on your heart. Sit in silence and ask the Holy Spirit to speak to you from those Scriptures. **(5 min)**

4. Intercession (praying for others)

A. Pray for people you love, for leaders in your church, for people in positions of influence (1 Timothy 2:1-2) **(10 min)**

For the spirit of wisdom and revelation so that they may know Christ more intimately (Eph. 1:17-19)

For spiritual freshness as they devote themselves to prayer and God's Word. (Colossians 4:2; 2 Tim. 3:16)

To put on the spiritual armor daily and for protection from the evil one in every way (Ephesians 6:10)

For discernment and sensitivity to what is pleasing to God. (Philippians 1:8-9)

For marriages and family relationships to be Christ-centered and growing in love (Ephesians 5:22-30; Romans 13:8)

Pray that your love for Christ and each other would grow and flourish (Phil 1:9-11, 1 John 3:11)

B. Pray for Georgia Southern/ campus ministries/Statesboro **(10 Min)**

That people would come to salvation (Eph 1:1-10) that students and residents would value the kingdom of God more than the world (1 John 2:15-17, Matt 13:44-46) and share the gospel boldly.

That Christians would be unified (John 17:20-23).

C. Pray for a country or people group around the world that your church/campus ministry partners with, for example, countries like Iran, Iraq, India, China, etc. Pray for laborers to be raised up to go to every tongue, tribe and nation. (Luke 9:35-38). **(5 Min)**

Pray that the missionaries and church planters in that country would be encouraged and experience the love of God today. (Eph 3:14-21)

5. Petition (personal needs). Read Matt 6:11. It is not selfish to pray for your needs. **(10 min)**

6. Give thanks to the Lord in all circumstances and worship Him (the good and the bad) 1 Thessalonians 5:18. Psalm 100:2 says that a grateful heart of worship is what pleases the Lord. **(10 min)**