

ONE HOUR PRAYER GUIDE

Spending an hour in prayer may seem difficult, but it's easier than you think. Use this sheet to help guide you through your prayer experience, and an hour with God will fly by!

LOOK UP

Take some time focus on God. Try to acknowledge and dismiss any distractions that may come to mind, and direct your attention to Him.

Talk to God about His character, who He is. Look through this list of His attributes that we see in the Bible. Choose ones that seem to stick out to you, and read the verses that describe Him in these ways.

<i>Abba</i>	<i>Romans 8:15</i>	<i>Love</i>	<i>1 John 4:8</i>
<i>Comforter</i>	<i>Isaiah 66:13</i>	<i>Merciful</i>	<i>Ephesians 2:4</i>
<i>Counselor</i>	<i>Isaiah 28:29</i>	<i>Mighty</i>	<i>Luke 1:49</i>
<i>Creator</i>	<i>Genesis 1:1</i>	<i>Miracle Worker</i>	<i>Matthew 19:26</i>
<i>Deliverer</i>	<i>Psalms 91:3</i>	<i>Never Changes</i>	<i>James 1:17</i>
<i>Faithful</i>	<i>Lamentations 3:23</i>	<i>Never Weary</i>	<i>Isaiah 40:28</i>
<i>Forgiving</i>	<i>Numbers 14:18</i>	<i>Peacemaker</i>	<i>Proverbs 16:7</i>
<i>Fortress</i>	<i>Psalms 91:2</i>	<i>Physician</i>	<i>Psalms 103:3</i>
<i>Gentle</i>	<i>Isaiah 40:11</i>	<i>Powerful</i>	<i>Psalms 66:7</i>
<i>Good</i>	<i>Psalms 145:7</i>	<i>Redeemer</i>	<i>Isaiah 54:5</i>
<i>Guide</i>	<i>Psalms 48:14</i>	<i>Refiner</i>	<i>Malachi 3:3</i>
<i>Healer</i>	<i>Exodus 15:26</i>	<i>Refuge</i>	<i>Psalms 46:1</i>
<i>Holy</i>	<i>Leviticus 19:2</i>	<i>Rescuer</i>	<i>Daniel 6:27</i>
<i>Husband</i>	<i>Isaiah 54:4</i>	<i>Rock</i>	<i>2 Samuel 22:32</i>
<i>Jealous</i>	<i>Exodus 34:14</i>	<i>Shepherd</i>	<i>Psalms 23</i>
<i>Just</i>	<i>Isaiah 45:21</i>	<i>Steadfast</i>	<i>Daniel 6:26</i>
<i>Light</i>	<i>Psalms 27:1</i>	<i>Strong</i>	<i>Psalms 89:8</i>
<i>Living Water</i>	<i>Jeremiah 2:13</i>	<i>Teacher</i>	<i>Psalms 119</i>
<i>Longsuffering</i>	<i>Numbers 14:18</i>	<i>Trustworthy</i>	<i>Psalms 144:2</i>

Which attributes of God have you seen demonstrated in your own relationship with Him?

Write down any thoughts that come to mind about who God has been and is to you.

Spend some time thanking God for who He is. The Bible calls this “praise” or “worship.”

LOOK IN

What words would you use to describe your relationship with God at this moment in your life? How would you compare it to where it's been in the past? And where you'd like it to be in the future?

Ask God if there are any areas of your life that He would like you to focus on during this time. Maybe an area of growth? Maybe an issue you're struggling with or a pain you're experiencing? Maybe moments of joy to celebrate?

An important part of our relationship with God is acknowledging any attitudes or behaviors that are contrary to His will. The Bible calls these "sin," things that lead us away from His design for us, or put us in opposition to His image that we were created to reflect.

1 John 1:8-9 - "If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Spend some time asking God to reveal any sin in your life that you need to acknowledge or deal with. This practice is called "confession": agreeing with God regarding these attitudes or behaviors, asking sincerely for His forgiveness, and recognizing that He offers it freely to us.

Thank God for the forgiveness He offers through Jesus, and recommit yourself to Him.

LOOK AROUND

1 Thessalonians 5:17-18 - "...pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

The Bible says that every good thing is a gift that comes from our Father God. Have you ever thought about that? Take some time and think about all of those good things in your life. Maybe even make a list of everything that comes to mind. Then spend a few minutes thanking God for His gifts to you.

Phillippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Throughout the Bible, we see that God is attentive to the prayers of His people. He desires us to call out to Him so that He can answer. He is responsive to our needs.

Spend time talking with God about the things you may be concerned or anxious about, or the things that you know need an intervention by Him.

Below are some examples of things to pray for:

- Your family and friends
- Our church
- Our community
- Our governmental leaders
- Those that are suffering physically
- People in your life who need the hope of Jesus
- Situations of injustice

LISTEN

As you conclude your time of prayer, spend a few minutes just resting and feeling God's presence. Listen for anything He wants to speak to you in this moment.

You did it! An hour of prayer, of connecting with God! As you grow in your experience of prayer, it will become a more natural part of your life. You'll learn to trust your ability to hear God's voice. As you are seeking Him, you can know that He is also seeking you.