

One Hour Prayer

Circle of Prayer

Imagine each number on a clock (this would be an old timey non-digital clock) represents a different topic or movement in a prayer. The practice below is intended to help you slowly move through a prayer within an hour. If you're not sure you could pray for a full hour, then go through each of the categories below at your own pace. As the big hand moves from 12 to 1, center yourself. Slow your breathing, calm your mind, be fully present in in this time. As the hand moves from number to number consider each of the directions below for your prayer time.

1- Praise to the Father, Son, and Holy Spirit

We begin praising the Godhead. Proclaim their greatness, speak about the many attributes of God that come to mind. Reflect on the power of each description you give Him.

2- Silence and Seeking

Be quiet. We live surrounded by noise and we need to get away from it. Silence slows us down.

3- Confess Your Sins

Confess your sins to God. Speak your wrongs. The moments your thoughts, desires, and actions went astray from who God calls you to be. Pinpoint why you need the forgiveness Jesus offers us.

4- Read Scripture

Spend time with God's word as you pray. Let the words of God be your words and your guide as you pray. Plan out your reading ahead of time. Know where you will turn before you turn there.

5- Pray for Your Influence

Pray for the people God has put in your path. Pray for their growth, their struggles, and their needs.

6- Pray for the Lost

Pray for the people by name who do not know Jesus. Pray for the strangers you meet as you go through your day. Pray for people you may never meet.

7- Speak Your Needs

What is going on in your life? Big decisions? Deep hurts? Minor annoyances? What guidance or comfort do you need?

8- Thank God for His Blessings

Acknowledge the good things that are happening in your world. Take note of them. Be grateful.

9- Sing from the Heart

This may seem like an odd practice, but music connects us to God. Music can lighten the soul. Music can more robustly express the deeper desires of our hearts. On key, off key, it doesn't matter. Simply sing.

10- Reflect on Scripture

Pick a verse or two, maybe one you read earlier, and dwell on it. How can these verses impact your life? How can they shape the way you see the world?

11- Look for Answers

Take time to think and process. Where might God be leading you? Where is wisdom growing in your mind?

12- Praise God

We end where we begin. Prayer begins, continues, and ends in praise. Prayer is all about worshipping God, so as you walk out of your prayer time, let your heart be filled with honor for God.