

# HOW TO HAVE A HOLY HOUR

Practical suggestions that help believers develop a more consistent habit of daily prayer by dividing one hour into five-minute “points of focus”

## 1 Confession

Sin is the greatest roadblock to prayer. Confession is agreeing with God about my sin (Psalm 51:10-11; 1 John 1:9).

*“Search me, O God, and know my heart; try me, and know my anxieties; and see if there be any wicked way in me, and lead me in the way everlasting” (Psalm 139:23-24 NASB).*

## 2 Praise

Adore God for who and what He is (Psalm 34:1-3; 63:3).

a. Goodness	b. Patience	c. Love	d. Wisdom
e. Greatness	f. Knowledge	g. Power	h. Holiness
i. Glory	j. Grace		

## 3 Waiting

Spend time quieting your mind and heart before God (Psalm 37:7; Isaiah 40:31), replacing any distractions with a reverential focus on the majesty and authority of God. Take a few moments to be still in God’s presence, letting your mind be filled with thoughts of Him.

## 4 The Word

When we pray, we are speaking to God; when we read God’s Word, He is speaking to us. Open your Bible, asking God to bless the reading of His Word with concentration and understanding (2 Timothy 3:16).

*“The testimony of the Lord is sure, making wise the simple; the statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes” (Psalm 19:7-8).*

## 5 Intercession/Supplication

Intercession is praying for others; it is love on its knees. Make a list of people to uphold in prayer. Supplication is urgent praying for others.

*“Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority” (1 Timothy 2:1-2).*

## 6 Petition

Ask God to provide for your personal needs. Make a list of all your needs, and check them off as God answers prayer (James 4:2).

*“Ask, and it will be given to you” (Matthew 7:7).*

## 7 Thanksgiving

Thank God for what He has done. Thanksgiving is simply enumerating things for which we are grateful (Psalm 100:4; Philippians 4:6).

a. Spiritual blessings	b. Physical blessings
c. Possessions	d. People

## 8 Singing

Singing Scripture back to the Lord is one of the highest forms of worship and praise. There are also many songs in the hymnal that can be sung to the Lord (Ephesians 5:19).

*Serve the Lord with gladness; come before His presence with singing” (Psalm 100:2).*

## 9 Meditation

Unlike waiting, where we are quiet in God’s presence, during meditation the mind is very active, pondering spiritual things (Psalm 1:2).

*This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night” (Joshua 1:8).*

## 10 Listening

Listen for that still small voice of God; wait for specific orders concerning activities of the day (Ecclesiastes 5:2).

*“Behold the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice” (1 Kings 19:11-12).*

## 11 Psalms

Earlier in your prayer time, you read the Word and allowed God to speak to you. Now pray the Word back to God. The book of Psalms is full of personal prayers (Psalm 15:1-2).

*“Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms” (Psalm 95:2).*

## 11 Praise

End your prayer time as you began it—with the extremely important act of praise (Psalm 147:1).

*“Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God” (Psalm 50:23).*

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