

“Help! How do I pray for an hour?”

Praying for an hour is easy if you break it down into four 15-minute chunks:

1 Worship

Spend 15 minutes enjoying great worship songs

2 Bible reading

Spend 15 minutes reading and reflecting on a Psalm

3 Asking

Spend 15 minutes telling God how you're doing and praying for your own needs

4 Interceding

Spend 15 minutes praying for others by name, for the church, for mission ...

Alternatively, break it down into 12 five-minute chunks:

1 Worship: Take 5 minutes enjoying a great worship song

2 Adoration: Spend 5 minutes thanking God for stuff

3 Confession: Take 5 minutes getting your heart right with God

4 Pray a Psalm: Prayerfully read a Psalm of your choosing and put it into your own words

5 Intercession: Spend 5 minutes praying for God's Kingdom to come in a situation from the news

6 Mission: Invest 5 minutes praying for friends and family who don't yet know Jesus

7 God's promises: Apply one of these amazing promises to your life – Jeremiah 9 v11; Proverbs 1 v33; Isaiah 40 vv29-31; Matthew 11 vv28-29; Romans 8 vv37-39; Philippians 4 v 19

8 Petition: Simply tell God your needs

9 Examination: Pray about a difficult relationship

10 Gospel reading: Read a chapter from a Gospel and ask God to speak to you through it

11 Covering: What is Satan's strategy against you right now? Take authority!

12 Adoration: Choose a part of God's character that you love and praise Him aloud for it

“What if I've only got half an hour?”

1 Worship: Take 5 minutes enjoying a great worship song

2 Adoration: Spend 5 minutes thanking God for stuff

3 Pray a Psalm: Prayerfully read a Psalm of your choosing and put it into your own words, using the time to get your heart right with God

4 Intercession: Spend 5 minutes praying for God's Kingdom to come in a situation you are concerned about

5 Mission: Invest 5 minutes praying for friends and family who don't yet know Jesus

6 Petition: Simply tell God your needs, and remind yourself of one of His promises:
Jeremiah 9 v11; Proverbs 1 v33; Isaiah 40 vv29-31; Matthew 11 vv28-29;
Romans 8 vv37-39; Philippians 4 v19