

PRAYER TRAINING MANUAL - "THE ONE HOUR PRAYER PLAN"

Commitment: Mat 26:40-41 What, could ye not watch with me one hour? Watch and pray.

5 mins each	PRAYER	KEY VERSE	
1	PRAISE (1)	Ps 63:3	Recognise God's nature. Because thy lovingkindness [is] better than life, my lips shall praise thee.
2	WAITING	Ps 46:10	Silent soul surrender. Be still, and know that I [am] God: I will be exalted among the heathen, I will be exalted in the earth.
3	CONFESSION	Ps 139:23	Temple cleansing time. Search me, O God, and know my heart: try me, and know my thoughts:
4	SCRIPTURE PRAYING	Jer 23:29	Word-enriched prayer. [Is] not my word like as a fire? saith the LORD; and like a hammer [that] breaketh the rock in pieces?
5	WATCHING	Col 4:2	Develop Holy alertness. Continue in prayer, and watch in the same with thanksgiving;
6	INTERCESSION	1Ti 2:1-2	Remember the world. I exhort therefore, that, first of all, supplications, prayers, intercessions, [and] giving of thanks, be made for all men. For kings, and [for] all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.
7	PETITION	Mt 7:7	Share personal needs. Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:
8	THANKSGIVING	1Th 5:18	Confess my blessings. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
9	SINGING	Ps 100:2	Worship in song. Serve the LORD with gladness: come before his presence with singing.
10	MEDITATION	Jos 1:8	Ponder spiritual themes. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.
11	LISTENING	Ec 5:2	Receive spiritual instruction. Be not rash with thy mouth, and let not thine heart be hasty to utter [any] thing before God: for God [is] in heaven, and thou upon earth: therefore let thy words be few.
12	PRAISE (2)	Ps 52:9	Recognise God's nature. I will praise thee for ever, because thou hast done [it]: and I will wait on thy name; for [it is] good before thy saints.

Source: Dick Eastman, The Hour that changes the World - A Practical Plan for Personal Prayer, Baker Book House, 30th printing, 1995. (An "Every Home for Christ" ministry publication)

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Suggestions: Insert pages into plastic page binder. can insert photographs of family, friends etc. Don't try to start off trying to do it all in one hour. Flex your times and approach to suit yourself, but remember that a disciplined approach has proven value.

	1. PRAISE (1)	The act of recognising God's nature	
	5 minute steps	Step 1 - Sanctify	Set apart the time
		Step 2 - Select a theme	His name - see 02, 09, 10 His righteousness - see 10, 15 His acts - see 11 His word - see 12, 13, 14
		Step 3 - Vocalise your theme	see 01, 04, 07
		Step 4 - Expand your theme	Allow Him to shape it and freshen it (new every morning). See 06, 14, 15.
01	Psalms 63:3	Because thy lovingkindness [is] better than life, my lips shall praise thee.	Note we must use our lips. "Praise" - means to proclaim He is worthy of honour, to prize, to value, to cherish.
02	Matthew 6:9	After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.	"Hallow" - revere, sanctify (set apart). Our Father's name is to be set apart as an object of worship.
03	Psalms 50:23	Whoso offereth praise glorifieth me: and to him that ordereth [his] conversation [aright] will I shew the salvation of God.	Our chief purpose is to glorify God. Praise decentralises self.
04	2 Chronicles 5:13	It came even to pass, as the trumpeters and singers [were] as one, to make one sound to be heard in praising and thanking the LORD; and when they lifted up [their] voice with the trumpets and cymbals and instruments of musick, and praised the LORD, [saying], For [he is] good; for his mercy [endureth] for ever: that [then] the house was filled with a cloud, [even] the house of the LORD;	Praise is vocal adoration. "Adoration" - to "kiss the hand". An act of divine honour, esteem and love and a symbol of deep respect and submission. Adoration brings us into immediate contact with God as servant to Master, creature to Creator, son to Father. Pray...Lord teach us to adore you.
05	2 Chronicles 5:14	So that the priests could not stand to minister by reason of the cloud: for the glory of the LORD had filled the house of God.	Praise brings down the glory that fills the tabernacle (us).
06	Psalms 22:3	But thou [art] holy, [O thou] that inhabitest the praises of Israel.	He is here. Satan flees the Lord's presence. Praise is the antidote to the poison of satanic oppression.
07	Hebrews 13:15	By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of [our] lips giving thanks to his name.	What we value in our minds we reckon with our lips.
08	Psalms 115:1	Not unto us, O LORD, not unto us, but unto thy name give glory, for thy mercy, [and] for thy truth's sake.	Theme. Praise the name of Jesus (Lord Jesus Christ).
09	Isaiah 9:6	For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.	Try some other names.
10	Psalms 35:28	And my tongue shall speak of thy righteousness [and] of thy praise all the day long.	Theme. Praise His righteousness. He not only defines the standard, He is the standard eg for faithfulness, justice, mercy....
11	Psalms 150:2	Praise him for his mighty acts: praise him according to his excellent greatness.	Theme. Praise Him as Creator (a treasure-house of themes) and His other acts (including the new creation).
12	Psalms 56:10	In God will I praise [his] word: in the LORD will I praise [his] word.	Theme. Praise Him for His word.
13	Psalms 19:7	The law of the LORD [is] perfect, converting the soul: the testimony of the LORD [is] sure, making wise the simple.	His Word ... converts our soul His Word ... makes us wise
14	Psalms 19:8	The statutes of the LORD [are] right, rejoicing the heart: the commandment of the LORD [is] pure, enlightening the eyes.	His Word ... makes our heart rejoice His Word ... gives us light
15	Psalms 19:9	The fear of the LORD [is] clean, enduring for ever: the judgments of the LORD [are] true [and] righteous altogether.	Praise leads to holiness. "fear of the Lord" - a phrase of the O.T. for piety (reverential trust, with hatred of evil.)

2. WAITING		The act of soul surrender.	
	5 minute	Step 1 - Silence	After praise
	steps	Step 2 - Think no other thoughts	Except thoughts of God the Father, Son and Holy Spirit
		Step 3 - Quiet whispering	If words are to be voiced, let them be quiet whispering like, "I love you Lord", "I long for your presence Lord".
		Step 4 - Concentrate on love	Concentrate full attention on the "love" aspect of God's nature in these minutes of silence.
01	Ps 46:10	Be still, and know that I [am] God: I will be exalted among the heathen, I will be exalted in the earth.	Key verse (see 08 below)
02	Lu 8:46	And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me.	Virtue goes out of us as we minister, and this needs to be renewed through loving communion with heaven. Works will not renew it.
03	Ps 52:9	I will praise thee for ever, because thou hast done [it]: and I will wait on thy name; for [it is] good before thy saints.	Waiting comes after praise. Waiting is not necessarily a time of listening. Listening comes later. Waiting is silent surrender.
04	Ps 62:1	To the chief Musician, to Jeduthun, A Psalm of David. Truly my soul waiteth upon God: from him [cometh] my salvation.	Truly. Not drifting into daydreaming. It is an exercise that demands the utmost attention of the soul to surrender. Bid farewell to earthly cares and concern for self.
05	Ps 130:6	My soul [waiteth] for the Lord more than they that watch for the morning: [I say, more than] they that watch for the morning.	Priority. Waiting is an act of silent love. The silent surrender of the soul to God to start the day.
06	Isa 40:31	But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.	Waiting produces renewed strength (virtue).
07	Job 40:4	Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth.	In these silent moments we respond like Job. Wordless worship. Intimate supernatural union. Being alone with God ("Let me just be here with you"). Abiding in the vine.
08	Ps 46:10	Be still, and know that I [am] God: I will be exalted among the heathen, I will be exalted in the earth.	Be still. And (not just "be still") Know (The elevation of the mind to God). The knowledge of God is best revealed in waiting. All attention is centred on Him and being wholly taken up with Him. Look for the rose and you will find the fragrance.
09	Mr 11:22	And Jesus answering saith unto them, Have faith in God.	God is the central focus of prayer, not our answers. It is not faith in prayer but faith in God. We place God on the throne, not ourselves as the focus.
10	Ac 9:6	And he trembling and astonished said, Lord, what wilt thou have me to do? And the Lord [said] unto him, Arise, and go into the city, and it shall be told thee what thou must do.	Paul got saved and immediately wanted to do something. The Lord instead sent Paul into solitude into the desert to "wait" on Him. Waiting develops patience.
11	Ex 33:11	And the LORD spake unto Moses face to face, as a man speaketh unto his friend. And he turned again into the camp: but his servant Joshua, the son of Nun, a young man, departed not out of the tabernacle.	Face to face waiting. Afterwards Moses face shone with the glory of the Lord. Moses was God's friend, waiting patiently for decades in the wilderness. This experience followed waiting on the Lord as a friend. Wait patiently for a greater glimpse of His glory. Oh to see our Saviour's face, to dwell in His divine embrace. This is being "one" with Him.
12	Zec 2:13	Be silent, O all flesh, before the LORD: for he is raised up out of his holy habitation.	Wait on Him until He unveils Himself to you and takes possession of you in abiding fellowship. Practise the art of silence also throughout the day. Resist the modern need for ceaseless talk and motion. Earnestly seek the power of sacred silence. Lord, teach me to wait.

	3.	CONFESSION	The act of declared admission.
			“Confess” - to agree with God concerning His opinion on the matter. To admit my guilt.
	5 min steps	Step 1 - Ask God to search your heart	For unconfessed personal sin.
		Step 2 - Mentally examine recent activities	To discover possible areas of spiritual failure that need confessing
		Step 3 - Confess any specific sins	You have committed against God or man
		Step 4 - Confess your need for divine guidance	And for supernatural unction.
01	Ps 139:23	Search me, O God, and know my heart: try me, and know my thoughts:	See 04 below. Without confession we are not ready to pray for the lost or anything else. Before we pray for a change in circumstances we have to pray for a change in character. Our ultimate goal in prayer is to glorify God by changing the world.
02	1Jo 1:9	If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.	This is a promise. God is faithful. Unrighteousness gives Satan power over us to block prayer and so we quit trying to pray. Confession is the answer. Commune with your heart. Examine your spiritual growth. Avoid posing.
03	Ps 66:18	If I regard iniquity in my heart, the Lord will not hear [me]:	Take our mistakes (sins) seriously. We need heartfelt recognition. It is not that God needs to know but that He needs to know that we know we have sinned.
		Think less of what we ought to do and more about what we ought to be. Being translates into doing. My prayer life will never rise above my personal life in Christ. Sins grip must be broken for us to have faith that God will hear.	
04	Ps 139:23-24	Search me, O God, and know my heart: try me, and know my thoughts: and see if [there be any] wicked way in me, and lead me in the way everlasting.	Confession is difficult. As soon as we admit guilt we know we have a responsibility to change and an inner battle of the will commences. Pain before gain. The admission brings access to God to remove the hindrances (spiritual surgery, like lancing a boil to let the poison out and allow healing from within).
05	Da 6:4	Then the presidents and princes sought to find occasion against Daniel concerning the kingdom; but they could find none occasion nor fault; forasmuch as he [was] faithful, neither was there any error or fault found in him.	They could find no reproach in him.
06	Da 9:20-21	And whiles I [was] speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God; Yea, whiles I [was] speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation.	Those mightily used by God were also those most likely to confess their weaknesses. Like Isaiah was sent after he declared he was “undone”. Job too was blessed after he confessed his sins and prayed for his friends. The Holy spirit works best through a clean vessel.
07	Isa 59:2	But your iniquities have separated between you and your God, and your sins have hid [his] face from you, that he will not hear.	Confession is crucial, not optional, for all spiritual growth, not just for prayer. It is a necessary first step for repentance. Then we must turn from sin.
08	Ex 8:8	Then Pharaoh called for Moses and Aaron, and said, Intreat the LORD, that he may take away the frogs from me..., and from my people; and I will let the people go, that they may do sacrifice unto the LORD.	Pharaoh’s prayer is flawed because there is no confession of sin. He loves sin as much as ever. Remember too that every major spiritual failure begins as a tiny seed. Watch out for the little seeds.
09	Ps 51:10-11	Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me.	Forgiveness is something only God can do. Amplify David’s requests.
		1 “Create..” (divine holiness, right relationship) 2. “Right spirit” (divine attitude, right attitude towards others). 3. “Cast me...(divine guidance, we need His presence during the day to face temptation etc) 4. “Take not..” (divine unction, removal of operation of the Spirit, not removal of the Spirit)	
10	Mt 6:13	And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.	Again “divine guidance”.
11	2Ch 29:16	And the priests went into the inner part of the house of the LORD, to cleanse [it], and brought out all the uncleanness that they found in the temple of the LORD	Temple cleansing time for revival and restoration.
12	1Co 6:19	What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own?	God’s temple today is the inner soul of man. Lord, teach me to confess.

	4. SCRIPTURE PRAYING	The act of faith appropriation
5 min steps	Step 1 - Ask God to bless your spiritual food	Just as we ask Him for blessing for our natural food. His Word is food for our spiritual body.
	Step 2 - Examine a passage to apply in prayer	Examine a passage from the Gospels, Epistles, Psalms or Proverbs. Look carefully for specific ways to apply each verse to prayer.
	Step 3 - Ask - What new petition? What promise for my specific petition?	As we read, ask yourself what petition this passage prompts you to make, or what promise this passage contains that will support my specific petition.
	Step 4 - Use and develop these words in your prayer.	Develop actual prayers based on the thoughts and phrases included in a verse (or verses) and offer those prayers confidently to the Lord.
01	Jer 23:29 [Is] not my word like as a fire? saith the LORD; and like a hammer [that] breaketh the rock in pieces?	See 05 below. Introduction: The Word is crucial for prayer and essential for our whole Christian experience. The degree that we believe God's word and apply it to prayer is the degree that God will pour out His power during our prayer. The Bible is not just a book to be explained, it is to be believed and obeyed. Only God can move mountains but faith and prayer can move God. Prayer projects faith on God and God on the world.
02	Ro 10:17 So then faith [cometh] by hearing, and hearing by the word of God.	In no other way is our faith strengthened as in familiarity with the Word of God. Reading books, fasting and long hours of prayer alone may build a passion for faith but they do not build faith, only the Word does. Little Word + little prayer = dead spiritual life. Much Word + little prayer = sick spiritual life. Little Word + much prayer = more life. Much Word + much prayer = healthy, powerful life. Prayer is our lifeline to the throne of grace. Our abiding with Christ through His Word. To face the day, be spiritually hungry and be fed. We don't petition God before we are fed. Search the Word first. Think about it. Transform God's Word into faith-filled petitions asking God to "do as He has said".
03	1Th 2:13 For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received [it] not [as] the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.	The Word is more than a mere foundation for praying, it is the actual substance for effective praying. "Effectually worketh" means that God's Word has living power in you who have faith.
04	Ps 119:93 I will never forget thy precepts: for with them thou hast quickened me.	By bringing God's Word directly into our praying we are bringing God's power directly into our praying.
05	Jer 23:29 [Is] not my word like as a fire? saith the LORD; and like a hammer [that] breaketh the rock in pieces?	This is a promise. The Word of God is the fulcrum (support) upon which the lever of prayer is placed and by which things are mightily moved. God has committed Himself, His purpose and His promise to prayer. Lord, teach me to plead your promises.

	5. WATCHING	The act of mental awareness.
	5 min steps	Step 1 - Become alert, watch for enemy movement, ask for power for victory
		Step 2 - Become alert to gospel needs
		Step 3 - Recall international news developments needing special prayer
		Step 4 - Ask the Holy Spirit to reveal more facts about these needs
01	Col 4:2	Continue in prayer, and watch in the same with thanksgiving;
		Watching is a specific element in prayer, as important as thanksgiving. We have to discern the wiles of Satan, his ends and means.
02	Mt 26:41	Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak.
		A command of Jesus. “Gregoreo” means to be awake or vigilant. It means keeping awake in order to guard. It can also mean “a close observation” or “to be on the alert”. Jesus meant that we should stay awake spiritually and keep guard during prayer.
03	1Pe 5:8	Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:
		The word “vigilant” is the same word as for “watch” (“gregoreo”). Once we start to pray, Satan attacks by trying to draw our minds away from the key issues of prayer. Be aware. Stand firm.
04	Eph 6:18	Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;
		After “putting on the armour” earlier in Ch. 6, Paul again stresses watching. Much praying is hampered by a dull, drowsy frame of mind. To pray correctly one must be mentally alert, vigilant and ensure our prayer has purpose. Claim specific things in prayer.
05	Isa 62:6	I have set watchmen upon thy walls, O Jerusalem, [which] shall never hold their peace day nor night: ye that make mention of the LORD, keep not silence,
		Our spiritual function is similar to these watchmen who had detect approaching enemies and warn the city’s inhabitants. These watchmen were commanded not to be silent. God’s prophets were like these watchmen, they could not hold their peace, they had to be alert and cry out (warn) of impending spiritual conflict.
06	Ro 8:26-27	Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what [is] the mind of the Spirit, because he maketh intercession for the saints according to [the will of] God.
		You have the “skeleton” outline of what you want to pray for but let the Holy Spirit clothe this skeleton by filling our prayers. It is clear from this verse that the prayer warrior is not left alone in understanding the “how” of prayer because the Holy Spirit is there to guide and assist. Ask the Spirit to <u>awaken</u> your mind and heart and give you a new understanding and a new intimacy in your communion in prayer. He will provide the way, the truth and the life to our praying.
07	Eph 6:18	Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;
		Ask “how much awareness do I have about the problems of world evangelism?” and “am I aware how Satan is working to hinder God’s workers?”. Be informed about current events of “the Great Commission”. Ask the Holy Spirit for guidance so that you can “pray in the Spirit”.
08	Jude 1:20	But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,
		Human wisdom and desire can produce human results. Praying in the Spirit produces divine results.
09	1Co 2:9-10	But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed [them] unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.
		To “watch” in prayer is for our spiritual eyes to be alert to perceive what God sees from His perspective. Vision is the art of seeing the invisible things and letting our imagination come alive. We see ourselves on the mission field and feel the suffering etc of those we are praying for. Imagine what it must be like to be the one you are praying for. Caring leads to love and love to intercession. Note it is “by His Spirit”. Lord, teach me to watch.

6. INTERCESSION		The act of earnest appeal.
5 min steps	Step 1 - Develop a specific plan	Includes special prayer for God's work in the world
	Step 2 - Summon new compassion for the lost	With genuine concern
	Step 3 - Concentrate on 4 scriptural claims	Ask God to 1. Give more labourers for the harvest. 2. Open doors for them 3. Bless their work with fruit 4. Bless them with finances to expand their work
	Step 4 - Include specific countries and leaders	
01	1Ti 2:1-2 I exhort therefore, that, first of all, supplications, prayers, intercessions, [and] giving of thanks, be made for all men; For kings, and [for] all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.	Introduction. Our purpose is to glorify God. Our task is to evangelise the lost. We glorify God when we evangelise. Intercession is prayer for others, God's way of involving us in His work. To intercede is to mediate, standing at God's side. Intercessory prayer requires (and benefits from) training.
02	Ge 20:7 Now therefore restore the man [his] wife; for he [is] a prophet, and he shall pray for thee, and thou shalt live: and if thou restore [her] not, know thou that thou shalt surely die, thou, and all that [are] thine.	Note the promise God gave Abimelech. Abraham was a prophet. He shall pray for thee and thou shalt live. Intercessory prayer is the key to freedom for those in bondage. Could it be that our very prayers hold "life" for the unevangelised?
03	Ps 24:1 A Psalm of David. The earth [is] the LORD'S, and the fulness thereof; the world, and they that dwell therein.	Interceding is also engaging in actual battle with authority to take back from the enemy what he has gained by a temporary invasion. "Take, in Jesus' great name". God has chosen to involve us.
04	Ro 8:34 Who [is] he that condemneth? [It is] Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.	We must go beyond the simple act of "praying for others" and do it with a genuine concern, giving of ourselves. Note the Lord's concern for us to go to the cross before He went to heaven to intercede for us. See also John 17.
05	Mt 6:9-13 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as [it is] in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.	It is clear the Lord wants us to pray for others. "Our" Father, not "My" Father. Give us , lead us , forgive us . The Lord's prayer must be also self-less. It cannot be prayed without deep compassion. There is a tendency in us to think only of our own needs, our own spiritual conflicts and progress and to forget others. "Thy kingdom come" precedes "give us our daily bread".
06	Mt 6:7 But when ye pray, use not vain repetitions, as the heathen [do]: for they think that they shall be heard for their much speaking.	Is it wrong to repeat a prayer? No. Jesus was referring only to the empty prayer of the heathen.
07	Ge 18:32 And he said, Oh let not the Lord be angry, and I will speak yet but this once: Peradventure ten shall be found there. And he said, I will not destroy [it] for ten's sake.	Repetition in prayer is scriptural. Look at Abraham praying for those in Sodom where Lot and his family lived. Why did Abraham stop at 10. Did He fail?
08	1Ki 18:42 So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he cast himself down upon the earth, and put his face between his knees,	Elijah pleaded with God 7 times and afterwards witnessed a remarkable outpouring from God. Note that Elijah prayed 7 (the number for perfection) times and Abraham only 6 (the number for human frailty).
09	Mt 26:44 And he left them, and went away again, and prayed the third time, saying the same words.	Even our Lord repeated a prayer, in Gethsemene.
10	Mr 8:24-25 And he looked up, and said, I see men as trees, walking. After that he put [his] hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly.	Jesus prayed twice for this blind man.
11	Ps 136:1 O give thanks unto the LORD; for [he is] good: for his mercy [endureth] for ever.	King David repeated a prayer of praise 26 times in Psalm 26 using the words "O give thanks".
12	Ro 1:9 For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I make mention of you always in my prayers;	It helps to mention a persons name. Paul probably did not recite each persons specific needs but confidently lifted their names to God fully trusting God to bless each of them (and He must have).

APPENDIX TO “INTERCESSION”			
13	Mt 9:38	Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.	Claim 1. Claim workers for the harvest Use your prayer maps. Mention countries by name. This the Lord’s recommended first step for harvest.
14	1Co 3:6	I have planted, Apollos watered; but God gave the increase.	God will allow no increase without man’s involvement.
15	Col 4:2-3	Continue in prayer, and watch in the same with thanksgiving; Withal praying also for us, that God would open unto us a door of utterance, to speak the mystery of Christ, for which I am also in bonds:	Claim 2. Claim open doors. Half the world’s population live under restricted entry provisions. The doors open after we devote (to give earnestly) ourselves to prayer. Refer to leaders by name who hold the power over entry. See also 01 above regarding “praying for those in authority”.
16	Phil 4:17	Not because I desire a gift: but I desire fruit that may abound to your account.	Claim 3. That fruit will remain.
17	2Th 3:1	Finally, brethren, pray for us, that the word of the Lord may have [free] course, and be glorified, even as [it is] with you:	Paul didn’t want his work to be in vain. He desired success. Paul longed that nothing would hinder the swift accomplishment of the goals God had given him, and that the work would have deep roots. Pray for the caring of new converts.
18	Ro 10:14-15	How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!	Claim 4. For a strong base for missionary outreach. Remember that the ones who are sent have to be sent properly. This is one of the responsibilities of “sending”. We have to pray for and consider the financial aspects.
19	Mr 16:15	And he said unto them, Go ye into all the world, and preach the gospel to every creature.	A costly exercise. Consider even the thousands of islands, each one must be visited.
20	Mt 7:7	Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:	We must believe that Jesus will honour our prayers for the unknown multitudes. Ask for them to starting thinking about questions like “Who can I trust?” “What is my purpose?” “When will I be really free?” “Why do I hate thinking about religion?” “How can I cope?” “Where will I go when I die?”
21	Joh 3:16	For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.	Imagine their delight when they read this promise.

	7.	PETITION	The act of personal supplication
	5 min steps	Step 1 - Ask Holy Spirit for help	To only claim desires that will honour the Lord.
		Step 2 - Mentally list needs and offer each	Be specific
		Step 3 - Enlarge each by explaining why	Explain why you need an answer.
		Step 4 - Frequently examine your motives	Have pure motives for each petition.
		<p>Principles of petition:</p> <p>2 Be specific. Our petition should not be so vague that we forget about it later. It must be well defined and remembered because it represents a desire that is waiting for an answer.</p> <p>3 Be complete. Avoid shallow petitions. Define and analyse the problem. Remember God is a part of the problem-solving process. Being specific builds faith. Avoid praying “sermons” to God. He wants petitions at this stage not exhortation.</p> <p>4 Be sincere. Bring our claims before God with a right spirit.</p> <p>5 Be simple. Whilst the “matter” might be complex, the “manner” must be simply expressed, like a child. Eloquence is not necessary for effective praying.</p>	<p>Introduction: Petition is that aspect of prayer where we ask God for specific personal things. To seek an unselfish spiritual or material blessing is not unscriptural. Asking is the symbol of our desire. Jesus was not exempted from the rule of asking. God will bless Elijah and send rain on Israel but Elijah must pray for it. If Israel was to prosper, Samuel had to plead for it. Daniel had to ask for deliverance for Israel. God will bless Paul in his task, but Paul had to pray first, which he did without ceasing.</p>
01	Mt 7:7	Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:	We are encouraged to ask. We are to ask with a beggar’s humility, to seek with a servant’s carefulness and to knock with the confidence of a friend.
02	1Ch 4:9-10	And Jabez was more honourable than his brethren: and his mother called his name Jabez, saying, Because I bare him with sorrow. And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep [me] from evil, that it may not grieve me! And God granted him that which he requested.	<p>500 individual names have just been recorded in Chronicles but God pauses to tell us some detail about one man called Jebez.</p> <p>He petitioned God and God answered by granting him what he requested.</p> <p>This is an eternal example about how God longs to answer our sincere petitions. We must not hesitate to declare to God as Jebez did “Bless me indeed.”</p>
03	Mr 10:51	And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight.	The Lord knew the blind man’s infirmity but He wanted him to declare his need. This is a petition. It is a confession of helplessness. The petition does not open heaven’s door to release God’s power but opens our heart’s door to receive the power that has already been appropriated by God for us. Expressed helplessness is the key to opening the heart’s door. Prayer is the language of a man burdened with a sense of need. Not to pray is to declare before God that nothing is needed and/or that you don’t realise you have a need. We must define the need.
04	Mt 6:11	Give us this day our daily bread.	Expressed helplessness is an expression of dependency. “This day” - we express our dependency each day. “Our daily bread” - we have a need for continuing dependency.
05	Job 23:3-4	Oh that I knew where I might find him! [that] I might come [even] to his seat! I would order [my] cause before him, and fill my mouth with arguments.	Job “ordered” his cause before the Lord, much like an attorney with a carefully prepared argument on which to base his case. This is not done to “twist God’s arm” but as part of our training in understanding dependency and the spirit-controlled life. This also prepares us for the really serious battles that lie ahead. Lord, teach me to ask.

	8. THANKSGIVING	The act of expressed appreciation
	5 min steps	Step 1 - Think of all God has given you recently.
		Step 2 - Offer specific thanks for these blessings
		Step 3 - Frequently thank God in advance.
		Step 4 - Thank Him for at least one other one.
01	1Th 5:18	In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
		Introduction: Thanksgiving is closely related to praise but praise focuses on Him and who God is while thanksgiving focuses on what God has done for us . Thanksgiving is the act of expressing specific gratitude to God for blessings He has bestowed upon us. These expressions may be mental or vocal. It appears here to help focus on God's faithfulness.
02	Col 2:6-7	As ye have therefore received Christ Jesus the Lord, [so] walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.
		"Abounding" suggests not only "much" but at all times. Scripture suggests that thanksgiving can be sprinkled throughout the day and at any phase during your prayer-time.
03	Col 4:2	Continue in prayer, and watch in the same with thanksgiving;
04	Phm 1:4	I thank my God, making mention of thee always in my prayers,
		All Paul's prayers seem to include thanksgiving.
05	Ps 116:12	What shall I render unto the LORD [for] all his benefits toward me?
		What can we give God? None else but praise and thanksgiving. Thanksgiving is a confession of recognition of blessings. It draws the heart to God and keeps it centred on Him. Like praise it takes the centre away from self. We give ourselves.
06	Ps 116:17	I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the LORD.
		The Psalmist answers his own question in the previous verse.
07	Joh 11:41	Then they took away the stone [from the place] where the dead was laid. And Jesus lifted up [his] eyes, and said, Father, I thank thee that thou hast heard me.
		The Lord frequently expressed gratitude.
08	Mr 8:6	And he commanded the people to sit down on the ground: and he took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before [them]; and they did set [them] before the people.
		"and gave thanks".
09	Mt 11:25	At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes.
		Jesus thanks God for his revelation to the disciples. Surely that habit which was considered so important to our Saviour should so be considered and practised by us.
10	Eph 5:18-20	And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;
		Here Paul shows us how we can be filled with the Spirit. Notice the role of "giving thanks always". It is our gift to God, and we should do it all the time. Normally a wandering mind hinders prayer but it can help with thanksgiving. Allow your mind to wander through the previous day's activities to suggest specific thanksgiving points. "Watch" for those things around us that can prompt thanksgiving. Spiritual blessings? Material blessings? Physical blessings? External blessings? Include specific reasons why you are thankful. Lord, teach me to give thanks.

	9. SINGING	The act of melodic worship
	5 min steps	Step 1 - Pause to select a specific song
		Step 2 - Choose a theme or passage
		Step 3 - Ask the Holy Spirit for a new tune
		Step 4 - Sing “songs of thanksgiving”
01	Ps 100:2	Serve the LORD with gladness: come before his presence with singing.
02	Eph 5:19	Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;
03	Col 3:16	Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.
04	Ac 16:25	And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.
05	2Ch 20:20	Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper. And when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy [endureth] for ever. And when they began to sing and to praise , the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.
06	2Ch 20:25	And when Jehoshaphat and his people came to take away the spoil of them....and they were three days in gathering of the spoil, it was so much.
07	Ps 135:3	Praise the LORD; for the LORD [is] good: sing praises unto his name; for [it is] pleasant.
08	Ps 59:16	But I will sing of thy power ; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.
09	Ps 147:7	Sing unto the LORD with thanksgiving ; sing praise upon the harp unto our God:
10	Ps 69:30	I will praise the name of God with a song, and will magnify him with thanksgiving.
11	2Co 5:19	To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation.
12	Ps 119:54	Thy statutes have been my songs in the house of my pilgrimage.
13	Jas 5:13	Is any among you afflicted? let him pray. Is any merry? let him sing psalms .
14	Ps 144:9	I will sing a new song unto thee, O God: upon a psaltery [and] an instrument of ten strings will I sing praises unto thee.
15	Ps 57:9	I will praise thee, O Lord, among the people: I will sing unto thee among the nations.
16	Isa 51:11	Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy [shall be] upon their head: they shall obtain gladness and joy; [and] sorrow and mourning shall flee away.
		eg praise, thanksgiving, Scripture (see below)
		To create an original melody - “a new song”
		For blessings and victories you expect soon.
		Singing alone before the Lord is an act of beautiful worship.
		Melody comes from the heart. A spiritual song is one “inspired by the Spirit” from the heart.
		Sing from a grace-full heart. This kind of singing communicates sincerity. The quality of the singing is not an issue, but the love in the heart expressed in adoration is.
		No hymn books or word-sheets here.
		A fresh and exciting way to minister to the Lord and a weapon of warfare. The singing came after repentance, fasting and prayer. Their army did nothing. The Lord did it all.
		The valley of victory was named “Berachah” which means blessing.
		41 psalms mention singing praises. Theme 1 - Praise. Give recognition for who He is.
		Theme 2 - Power and mercy. Sing of what he has done with His great power and of His faithfulness and justice. Note “I will sing aloud”..... it is vocal.
		Theme 3 - Thanksgiving. Give recognition for what He has done for us. eg. specific “thank-you’s”
		Theme 4 - His name.
		Praise the name of the Lord Jesus Christ in song.
		Theme 5 - His Word. An OT reference.
		A NT reference from James. Not just applicable to groups but also to individuals. Note “let him”.
		Theme 6 - A new song. Something fresh. Your own song. One that has never been sung before. The theme or Scripture basis may be the same.
		Look at a mission map of the world and start singing.
		Worship will also be a great part of our purpose in heaven and we will be doing a lot of singing there. Therefore let us practise up while we’re here. Lord, teach me to sing.

	10. MEDITATION	The act of spiritual evaluation
	5 min steps	Step 1 - Select a theme (see themes below)
		Step 2 - Allow your mind to wander within the theme
		Step 3 - Ask questions to lead you deeper
		Step 4 - Recall Scripture as a foundation for thought
01	Jos 1:8	This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.
02	Ps 119:15	I will meditate in thy precepts, and have respect unto thy ways.
03	1Ti 4:15	Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.
04	Isa 26:3	Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.
05	Ps 139:17-18	How precious also are thy thoughts unto me, O God! how great is the sum of them! [If] I should count them, they are more in number than the sand: when I awake, I am still with thee.
06	Ps 104:34	My meditation of him shall be sweet: I will be glad in the LORD.
07	Ps 94:19	In the multitude of my thoughts within me thy comforts delight my soul.
08	Ps 62:5	My soul, wait thou only upon God; for my expectation [is] from him .
	ASK	“What do I really believe about God?” “What does the Bible say that touches my life?”
09	Ps 1:1-2	Blessed [is] the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight [is] in the law of the LORD; and in his law doth he meditate day and night.
10	Ps 77:12	I will meditate also of all thy work, and talk of thy doings.
11	Ps 143:5	I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.
12	La 3:16	He hath also broken my teeth with gravel stones, he hath covered me with ashes.
13	La 3:21-23	This I recall to my mind , therefore have I hope. [It is of] the LORD'S mercies that we are not consumed, because his compassions fail not. [They are] new every morning : great [is] thy faithfulness.
14	Php 4:8	Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things .
		Apply full attention to that area of thought.
		Ponder all aspects of the theme in reference to God
		About the theme
		Strengthens awareness that the Word is the foundation for all spiritual thought
		Pondering helps discover how to apply what God has revealed to you in prayer. Our will gets exercised in the formation of resolutions that will, when translated into action, glorify God. “Meditation” (hagah) means to muse, to mutter upon, to chew over. It is more than thinking good thoughts, we give attention to thinking how these thoughts might be applied after our prayer.
		“Meditate” (sichah) means to bow down. Think about “bowing down” to God’s word.
		“Meditate” (meletao) means to be careful or show care in a matter.
		How do we receive the benefit of peace? Through fixing thoughts of trust on the Lord.
		What was the source of these thoughts? God. Here we are thinking God’s thoughts. Our minds are being renewed into a deeper understanding. Here we rise above ourselves and see things from God’s perspective.
		To think well is to serve God in the interior court. Take pleasure and time to ponder in his gaze.
		Theme 1 - Focus on God Himself. Waiting is an act of loving, meditation is an act of thinking. Ponder the nature of God with full intensity. Probe. Ask. (eg see below).
		“How would I define my concept of God?” “What great attributes of His can I appropriate today?”
		Theme 2 - Focus on His Word. Meditation is the mental evaluation of any spiritual theme. Even one word or a phrase can have tremendous power. There are 30,000 promises in Scripture. Labour to listen to God’s voice in the Word and test the power for yourself.
		Theme 3 - Focus on His works. We do not meditate on the beauty of the stream alone but on the stream’s Creator.
		Theme 4 - Focus on past victories. When the winter of distress comes say “I remember the days of old”.
		Lamentation means brokenness, pain and grief. This is the battle of depression. Faced with total defeat.
		Rescued from depression. The lamentation is followed with hope after a “recall to my mind” of God’s past great faithfulness. The victories were in Jesus. Relive the experience. Receive new confidence to face even the most difficult future. Look, the tree, once bare, is newly laden.
		Theme 5 - Focus on positive thoughts. Do you see God’s glory in that little child you love? Set the child in the midst of your thoughts. Positive thoughts fuel to the flame. Does a distressing thought continue to buffet your mind? Allow God to walk with you through the problem step by step until a solution is discovered. He will show you the way. Lord, teach me to meditate.

11. LISTENING		The act of mental absorption	
	5 min steps	Step 1 - Ask God specific questions	About specific problems or situations
		Step 2 - Search Scripture for specific answers	God most often speaks through His Word
		Step 3 - Mentally evaluate the circumstances	Ask God to show you His plan
		Step 4 - Write down what He shares	About details for solving the problem
01	Ec 5:2	Be not rash with thy mouth, and let not thine heart be hasty to utter [any] thing before God: for God [is] in heaven, and thou upon earth: therefore let thy words be few.	Prayer is the soul's pilgrimage from self to God; and the most effectual remedy for self-love and self-absorption is the habit of humble listening. Waiting focuses on God in a love relationship and rests silently in God's love. Meditation explores a spiritual theme. Listening mentally absorbs God's instructions for the day about specific matters.
02	Re 3:20	Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him , and he with me.	Best friends are always good listeners. To "sup" means to have fellowship. Our prayer moves beyond one-sided "asking" to two-way conversation. Talk things over with Him. Jesus was a listener. He spent whole nights listening to His Father and then listening to others (eg to Mary, Nicodemus, the thief). Listening to others is a unique ministry.
03	1Th 4:11	And that ye study to be quiet , and to do your own business, and to work with your own hands, as we commanded you;	Develop skills to listen (the capacity to hear) in God's university of silence. We have to learn to hear the voice of the Father above the clamour and bombardment of the voices of the world. Quietness is a mark of strength and makes for a quiet life.
04	Nu 12:3	(Now the man Moses [was] very meek , above all the men which [were] upon the face of the earth.)	Meekness refers to our humble attitude before God of dependence and faith, demonstrated by our listening. Moses was used mightily by God. Why? He was meeker (before God) than anyone else (after 40 years practice) and therefore a good listener. He had to be to receive instructions how to lead an army of several million at the age of 80. His meekness counted more than eloquence or prior experience in leadership.
05	1Pe 3:4	But [let it be] the hidden man of the heart, in that which is not corruptible, [even the ornament] of a meek and quiet spirit , which is in the sight of God of great price.	What price? The gift of self to God, the gift of time. A hard gift to make in this busy world of "action". The awesome power of God awaits the Christian who develops (with His help) a listening spirit. A great return on investment for the great price. A sacrifice of busyness for a harvest of God-created productivity.
06	1Ki 19:12	And after the earthquake a fire; [but] the LORD [was] not in the fire: and after the fire a still small voice . <i>Finally, make notes. This displays a faith that is prepared to move. It says to God "I believe you will truly speak to me and I have come prepared to record your instructions". More than that it displays faith on the move, with a God-breathed plan ready for implementation.</i> Lord, teach me to listen.	6 The inner voice. Elijah heard God with the sound of a gentle whisper (a still small voice). When the sounds of the world die out in the soul, then we will hear the whisperings of God. We won't hear if we are still tuned in to the noise, hurry and distractions of life. We have to be still and listen. What you hear will always (must always) conform with Scripture. 7 Sense God's presence. If we don't hear this inner voice, God still speaks through His Word. The fact of His speaking will be confirmed by a sense of His presence and His guidance in our thoughts.

	12. PRAISE (2)	The act of divine magnification
	5 min steps	Step 1 - Specific praise about God's greatness
		Step 2 - Praise God for hearing your requests
		Step 3 - Let your spirit rejoice, say Hallelujah.
		Step 4 - Conclude with a strong Amen!
01	Ps 52:9	I will praise thee for ever, because thou hast done [it]: and I will wait on thy name; for [it is] good before thy saints.
02	Lu 1:46-9	And Mary said, My soul doth magnify the Lord, And my spirit hath rejoiced in God my Saviour. For he hath regarded the low estate of his handmaiden: for, behold, from henceforth all generations shall call me blessed. For he that is mighty hath done to me great things ; and holy [is] his name.
03	Mt 6:9	After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.
04	Mt 6:13	And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.
05	Ps 48:1	A Song [and] Psalm for the sons of Korah. Great [is] the LORD, and greatly to be praised in the city of our God, [in] the mountain of his holiness.
06	Ps 52:9	I will praise thee for ever, because thou hast done [it]: and I will wait on thy name; for [it is] good before thy saints.
07	Joh 15:7-8	If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified , that ye bear much fruit; so shall ye be my disciples.
08	Mt 6:13	And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.
09	Ps 119:108	Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and teach me thy judgments.
		His omnipotence (power), His omniscience (knowledge), His omnipresence (presence).
		Praise God because he has done it.
		Repeat the universal word for praise, Hallelujah!
		Confess with authority that you believe God is trustworthy. Amen!
		Two acts of will. 1. To praise God that He has done it (in hearing your requests) 2. To wait (for the result).
		When Mary received word that she would give birth to the Son of God, divine worship exploded from her lips. "Magnify" means that within her (spirit and soul) the Lord is manifested / enlarged / glorified. It comes from the word "megaluno" which means to make great. He has done great things to me. To magnify the Lord's name with praise is to put a spiritual magnifying glass to all that God is and declare these discoveries aloud.
		Jesus taught us to begin our prayer with praise.
		And to end it with praise. Our soul pauses to contemplate the awesome wonder of God's being. We pray "thy Kingdom come" but we praise "For thine is the Kingdom".
		Magnified praise. God is great and worthy of great praise. His greatness has made our devotional hour possible.
		In these final moments we add faith to our praise. We actually praise God for future answers to prayer. This is our declaration.
		Prayer has been ordained with the purpose of glorifying God. He is magnified (manifested) not only in our spirit and soul (character) but in our works of service (fruit). The fruit of the vine is on display (the King's presence is manifested) and is working to bring glory to God to show that His kingdom has come (Thy kingdom come, thy will be done on earth just as it is in heaven).
		We must learn to take the spirit of praise with us from the devotional hour. Let it take possession of or lives so that when we face the battle, God will not allow us to be led into temptation but will manifest Himself for us. Amen means "so be it" or "it is done". To say Amen! Is to express confidence that God has heard us and to declare "God, our King, is trustworthy". Make your Amen strong, never doubting that God has heard you. Paraphrase these words. Personalise them.
		We have not left the prayer closet asking but giving. Into a busy world we carry these words of divine magnification. Throughout the day we will magnify His name into every situation so that He might be magnified (manifested) therein. The greatness of God will dominate all our thought and conduct. Amen! Hallelujah! Lord, teach me to magnify you.

