

HOW TO HAVE A HOLY HOUR

· Praising God for Who and What He does:

- ▲ goodness
- ▲ patience
- ▲ love
- ▲ wisdom
- ▲ greatness
- ▲ knowledge
- ▲ power
- ▲ holiness
- ▲ glory
- ▲ grace

(Ps 34:1-3; 63:3)

STEP ONE – PRAISE

Psalms 37:7

⁷ Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.

Isaiah 40:31

³¹ But those who wait on the Lord Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

The next stage is simply waiting on God. No talking, mental busyness, simply being "quiet in God's presence"). The words "rest in the Lord" in the original Hebrew mean "be still in the Lord."

STEP TWO – WAITING

- Sin is the greatest roadblock to prayer; early in your prayer time confess – “agreeing with God about my sin”.
- **Psalms 51:10-12**
 - ¹⁰ Create in me a clean heart, O God, And renew a steadfast spirit within me.
 - ¹¹ Do not cast me away from Your presence, And do not take Your Holy Spirit from me.
 - ¹² Restore to me the joy of Your salvation, And uphold me *by Your* generous Spirit.

STEP THREE – CONFESSION

- This fourth stage involves God's Word. When we pray, we are speaking to God. When we read God's Word, God is speaking to us. Open your Bible, asking God to bless the reading of the Word with concentration and understanding. Remember, this Bible reading is not for the purpose of preparing to teach or preach to others, but for preparation in prayer (II Tim. 3:16; Ps. 19:7,8).

STEP FOUR – THE WORD

- At this point you are ready to come boldly into God's presence with intercession and supplication. Intercession is love on its knees. You should have a list of names and needs of others for you to uphold in prayer. Supplication is urgent praying for others (I Tim. 2:1,2; Ps. 2:8).

STEP FIVE - INTERCESSION/SUPPLICATION

- Step six involves petition – asking God for self. There is nothing wrong with asking God for personal needs. “Ask and it shall be given you.” Make a list of all your personal needs and check them off as God answers prayer (Mt. 7:7; James 4:2).

STEP SIX – PETITION

- At this point it is important to thank God. What is the difference between thanksgiving and praise? Praise is the pouring out of the heart in adoration to God, while thanksgiving is simply enumerating those things for which we are grateful. We need to thank God for what He has done:
 - material possessions
 - physical blessings
 - spiritual blessings
 - people

STEP SEVEN – THANKSGIVING

- The next step in your hour with God is singing. (This is why you might wish to pray alone.) Singing Scripture back to the Lord is one of the highest forms of worship and praise. There are many songs in the hymnal to be sung to the Lord (Ps 100:2; Eph. 5:19)

STEP EIGHT – SINGING

- Next comes meditation. In meditation the mind is very active, pondering spiritual things (Josh 1:8; Ps. 1:1,2)

STEP NINE – MEDITATION

- The next step involves listening. Listen for that still small voice of God; wait for specific orders concerning activities of the day (Josh. 1:8; II Kings 19:11,12).

STEP TEN – LISTENING

- 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 (Ps. 95:2; 147:1).

STEP ELEVEN – PSALMS

- You begin your prayer time with praise and end your prayer time with praise. This step is extremely important (Ps 50:23; 150:1,2).

STEP TWELVE – PRAISE