



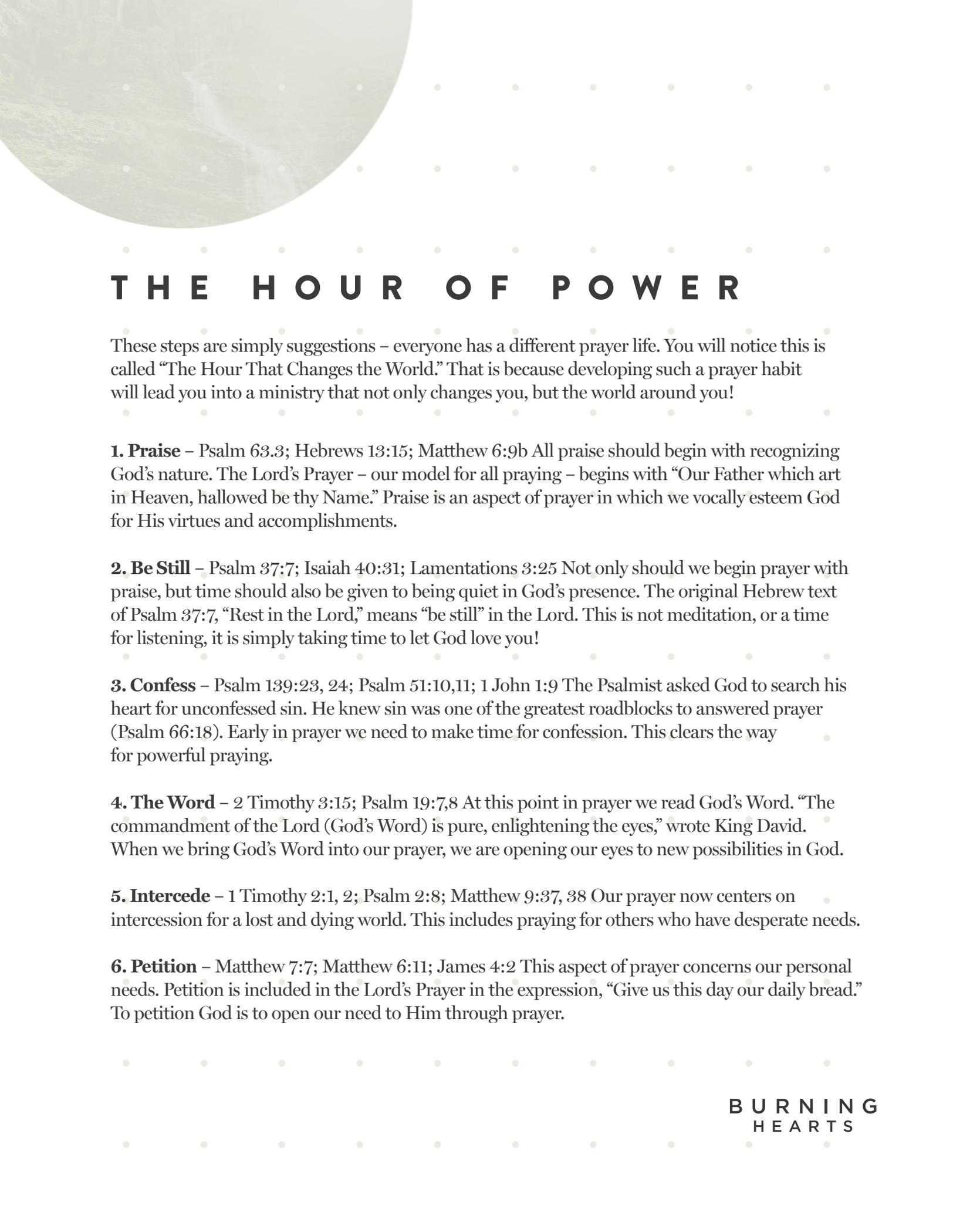
Q U I E T T I M E / D E V O T I O N A L L I F E

The Hour that Changes The World

BURNING HEARTS CHURCH

A 12-Step plan for filling an hour with
Meaningful Prayer.

BURNING
HEARTS



T H E H O U R O F P O W E R

These steps are simply suggestions – everyone has a different prayer life. You will notice this is called “The Hour That Changes the World.” That is because developing such a prayer habit will lead you into a ministry that not only changes you, but the world around you!

1. Praise – Psalm 63:3; Hebrews 13:15; Matthew 6:9b All praise should begin with recognizing God’s nature. The Lord’s Prayer – our model for all praying – begins with “Our Father which art in Heaven, hallowed be thy Name.” Praise is an aspect of prayer in which we vocally esteem God for His virtues and accomplishments.

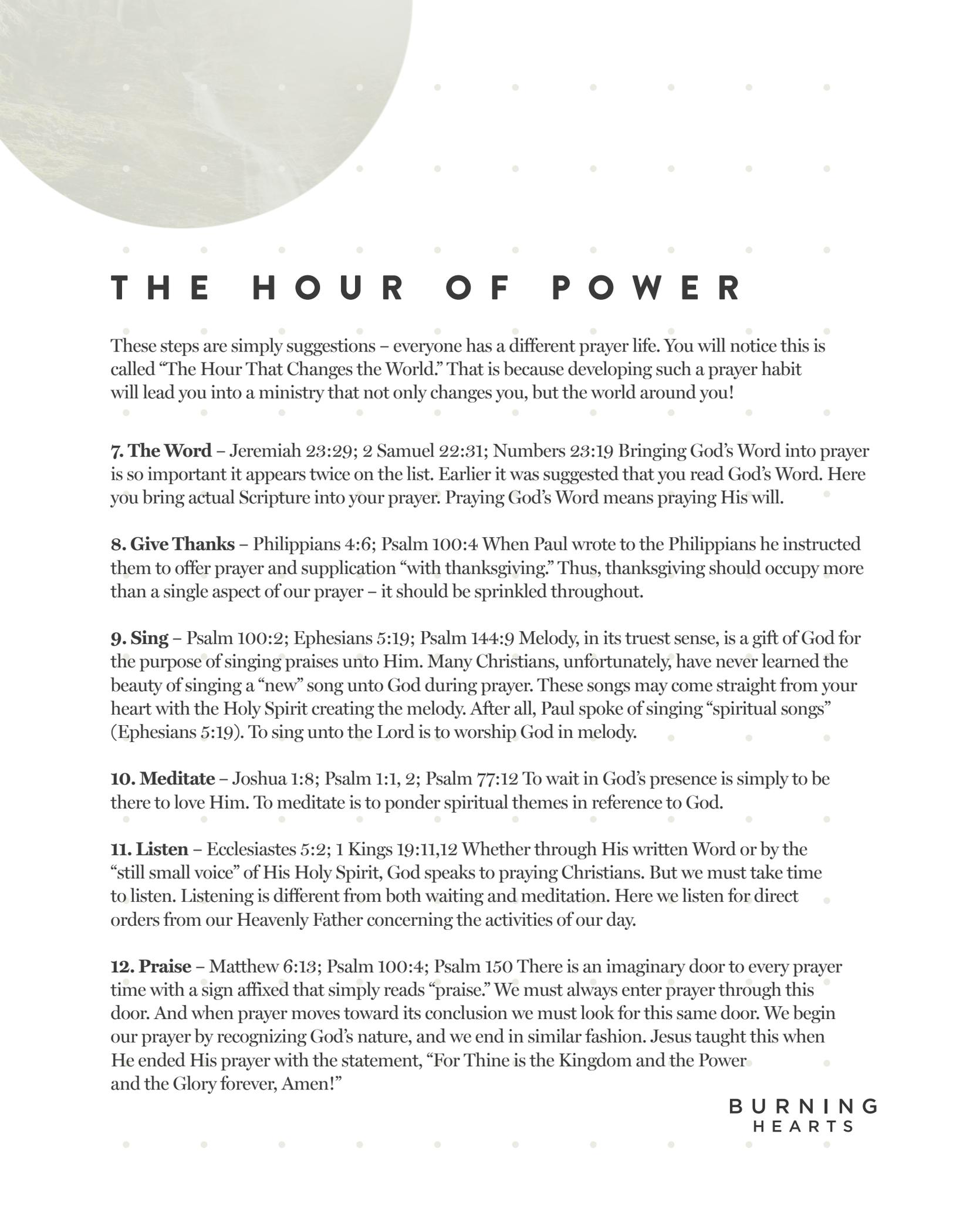
2. Be Still – Psalm 37:7; Isaiah 40:31; Lamentations 3:25 Not only should we begin prayer with praise, but time should also be given to being quiet in God’s presence. The original Hebrew text of Psalm 37:7, “Rest in the Lord,” means “be still” in the Lord. This is not meditation, or a time for listening, it is simply taking time to let God love you!

3. Confess – Psalm 139:23, 24; Psalm 51:10,11; 1 John 1:9 The Psalmist asked God to search his heart for unconfessed sin. He knew sin was one of the greatest roadblocks to answered prayer (Psalm 66:18). Early in prayer we need to make time for confession. This clears the way for powerful praying.

4. The Word – 2 Timothy 3:15; Psalm 19:7,8 At this point in prayer we read God’s Word. “The commandment of the Lord (God’s Word) is pure, enlightening the eyes,” wrote King David. When we bring God’s Word into our prayer, we are opening our eyes to new possibilities in God.

5. Intercede – 1 Timothy 2:1, 2; Psalm 2:8; Matthew 9:37, 38 Our prayer now centers on intercession for a lost and dying world. This includes praying for others who have desperate needs.

6. Petition – Matthew 7:7; Matthew 6:11; James 4:2 This aspect of prayer concerns our personal needs. Petition is included in the Lord’s Prayer in the expression, “Give us this day our daily bread.” To petition God is to open our need to Him through prayer.



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7. The Word – Jeremiah 23:29; 2 Samuel 22:31; Numbers 23:19 Bringing God’s Word into prayer is so important it appears twice on the list. Earlier it was suggested that you read God’s Word. Here you bring actual Scripture into your prayer. Praying God’s Word means praying His will.

8. Give Thanks – Philippians 4:6; Psalm 100:4 When Paul wrote to the Philippians he instructed them to offer prayer and supplication “with thanksgiving.” Thus, thanksgiving should occupy more than a single aspect of our prayer – it should be sprinkled throughout.

9. Sing – Psalm 100:2; Ephesians 5:19; Psalm 144:9 Melody, in its truest sense, is a gift of God for the purpose of singing praises unto Him. Many Christians, unfortunately, have never learned the beauty of singing a “new” song unto God during prayer. These songs may come straight from your heart with the Holy Spirit creating the melody. After all, Paul spoke of singing “spiritual songs” (Ephesians 5:19). To sing unto the Lord is to worship God in melody.

10. Meditate – Joshua 1:8; Psalm 1:1, 2; Psalm 77:12 To wait in God’s presence is simply to be there to love Him. To meditate is to ponder spiritual themes in reference to God.

11. Listen – Ecclesiastes 5:2; 1 Kings 19:11,12 Whether through His written Word or by the “still small voice” of His Holy Spirit, God speaks to praying Christians. But we must take time to listen. Listening is different from both waiting and meditation. Here we listen for direct orders from our Heavenly Father concerning the activities of our day.

12. Praise – Matthew 6:13; Psalm 100:4; Psalm 150 There is an imaginary door to every prayer time with a sign affixed that simply reads “praise.” We must always enter prayer through this door. And when prayer moves toward its conclusion we must look for this same door. We begin our prayer by recognizing God’s nature, and we end in similar fashion. Jesus taught this when He ended His prayer with the statement, “For Thine is the Kingdom and the Power and the Glory forever, Amen!”