

# Prayer Clock

The prayer clock will help to guide you to develop a prayer routine. By spending at least 5 minutes on each point, you will be able to pray for one hour.



## 1. Praise

[Psalm 22:3, 63:3 / Hebrews 13:15]

Begin all prayer with praise. Whatever your ultimate goal may be, first praise God. In praise, you esteem God for His greatness and virtues. Jesus, in His example to us, taught us to begin prayer with praise: "Our Father, which art in heaven..."

## 2. Forgiveness [Matthew 6:14-15]

Nothing will block your spiritual progress more fatally than an unforgiving spirit. Forgiving is a complete pouring out of any feelings that may have developed against anyone during the day.

## 3. Confession [Psalm 139:23-24, 66:18]

Early in the complete prayer clock, we deal with sin. Unconfessed sin is the greatest hindrance to prayers. Rid yourself of sin by confessing and seeking forgiveness and you will clear the road for powerful praying.

## 4. Petition

[James 4:2-3 / Matthew 6:9-13]

"Ye have not, because ye ask not. Ye ask and receive not because ye ask amiss." This aspect of prayer deals with our personal needs. Feel confident to pray for your personal needs.

## 5. Intercession

[1 Timothy 2:1-2 / Matthew 9:37-38]

Intercession is praying for the lost and others in need, and involves the most intense dimension of prayer. Intercession is God's love flowing through us.

## 6. Reading the Word

[2 Timothy 3:16]

It may surprise you to hear the suggestion that you should read the bible during prayer. However, the word is enlightening to the eyes (Psalm 19:9). When you read the bible, new possibilities are made clear.

## 7. Meditation [Psalm 1:1-2, 77:12]

In meditation, you ponder on the spiritual themes of God's word. By meditation, you will experience a rich understanding into the depth and beauty of God's promises. This understanding will broaden and expand your praying as well as your entire life.

## 8. Praying the Word

After meditating on the Word, it is important to pray the Word. When you pray the Word, you are taking the words from the scripture and using it directly as your prayer.

## 9. Thanksgiving [Philippians 4:6]

Although thanksgiving should be sprinkled throughout your prayer, plan to spend a special period of thanking God out loud for all the things in your life.

## 10. Singing

[Psalm 100:2 / Ephesians 5:19]

Singing refreshes and comforts the soul, and one of the greatest thrills of singing is to sing in the Holy Ghost "a new song" during prayer.

## 11. Listening [1 Kings 19:11-12]

Prayer is not all talking to God. It also involves listening. Listening is different from meditation. When we listen, we receive direct orders from God.

## 12. Praise [Matthew 6:13]

We conclude every prayer session with praise. Again, we exalt the nature of God.