
PRAISE
PRAISE
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PRAYER WHEEL
1 HOUR OF PRAYER
5 MINUTES AT A TIME

HOW TO PRAY FOR ONE HOUR USING THE PRAYER WHEEL

Each hour can be divided into 12 five-minute “points of focus.” Use your phone or a kitchen timer to set a five minute timer to move through each focus area.

Some aspects may require only a minute, whereas others will require more than a mere five minutes. If you finish a section early, simply ask God, “What more do you have to say to me about this?”

PRAISE

Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. (Psalm 34:1)

WAITING

Spend this time waiting on the Lord. Let Him pull together reflections for you. Think about the hour before you and the things you want the Lord to do in your life. (Psalm 27:14)

CONFESSION

Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord and claim 1 John 1:9, so that you might be cleansed for the remainder of the hour before you. Then pick up and read the Word. (Psalm 51:1-19)

READ THE WORD

Spend time reading promises of God in the Psalms, in the prophets, and passages on prayer located in the New Testament. Check your concordance. (Psalm 119:97)

PETITION

This is a general request for others, praying through the prayer list, the prayer cards or personal prayer interest on behalf of yourself and others. (Hebrews 4:16)

INTERCESSION

Our prayer now centers on intercession for a lost and dying world - specific prayer on the behalf of others. Pray specifically for those requests of which you are aware. (Romans 15:30-33)

PRAY THE WORD

Earlier we suggested you read God's Word. Now, pray God's Word. Take the Scriptures and start praying through them; certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)

THANKSGIVING

Thanksgiving differs from praise in that praise recognizes God for who He is, and thanksgiving recognizes God for specific things He has done. Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, your extended family, your workplace and your community. (Philippians 4:6)

SINGING

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. Let it be a time of praise. (Psalm 59:17)

MEDITATE ON THE WORD

To wait in God's presence is simply to be there to love Him. Meditation differs in that your mind is very active. To meditate is to ponder spiritual themes in reference to God. Ask the Lord to speak back to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life. (Psalm 63)

LISTEN

Spend time merging the things you have read from the Word, the things you have prayed, the things you have thanked the Lord for, the things that you have been singing, and see how the Lord brings them all together to speak to you. (1 Samuel 3:9-10)

END WITH PRAISE

Praise the Lord for the time you have had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He raised up in your mind. (Psalm 145:1-13)