

How To Use This Prayer Plan

Daily Meals With God

Begin the day with devotions at breakfast preparing your heart before God with the first six steps. Then use your meal times for the intercessory steps. Lunch will focus on people, and supper will focus on leaders. If you have a family you could pray around the table, assigning a person to lead in prayer for each of three steps.

Hourly Intercession

Begin the day with devotions and walking through the first six steps of personal preparation. Spend at least 3 minutes on each for 18 minutes of personal preparation. Go to work and each hour set your watch alarm to go off at the top of the hour. Spend the first 3-5 minutes of each hour in an intercessory step.

Morning Preparation	Hourly Intercession
Be Still	9 am - Souls
Be Worshipful	10 am - Saints
Be Thankful	11 am - Sick
Confession	1 pm - Ministers
Clothe in Armor	2 pm - Missionaries
Cast Cares	3 pm - Magistrates

Weekday Intercession

Every day spend use the first six steps of personal preparation to get your heart prepared for intercession. Then daily use one step of intercession as the focus of your intercession that day.

Daily Preparation	Weekday Intercession
Be Still	Monday - Souls
Be Worshipful	Tuesday - Saints
Be Thankful	Wednesday - Sick
Confession	Thursday - Ministers
Clothe in Armor	Friday - Missionaries
Cast Cares	Saturday - Magistrates

Intimacy with God

Hints & Hel ps

Bibl ical Steps to Intimacy With God

by Richard W. LaFountain

Other Ways to Use These Steps

One Hour Daily Prayer - Begin each day quietly before God with the time of preparation. Do not be in a hurry. You should annex 36 minutes or a one hour period (either morning, afternoon, or evening) to be quiet, undisturbed and unhurried before God. When your heart is quiet and prepared then do the Six Steps of Intercession.

Half-Day of Prayer - Each Thursday I try to spend a half-day of fasting prayer with God. Begin at 6 am and running through 12 noon. Use the Steps spending a half hour on each. You can mix them up rather than doing them in consecutive order. Give yourself a 10 minute break each hour, or a 5 minute break each half hour.





Monthly Personal Retreat - Every month my goal is to spend a day and a half in intercessory prayer. This is usually the first or last Monday evening and Tuesday of the month. I go to a local retreat center for an overnight with God so as to have no distractions. Then I use the Steps of Prayer for 12 hours of intercession - one hour each. I give myself a 10 minute break each hour, and begin each hour with the first three steps.

Prayer Groups/Partners - With your prayer partner or a small group of people you can walk through the Steps of Prayer together. Each one offers to God a sentence or two on each Step as the Spirit leads them. It is refreshing.

Whole Church Prayer Concerts - A concert of prayer is a partial day dedicated to prayer in the church. See our lessons on Prayer Concerts for a schedule of AM Concerts or PM Concerts using the Steps of Prayer.

Extended Prayer Retreats - An extended prayer retreat is anywhere from a day and a half to three days in intensive prayer. See our lessons on Prayer Retreats for a variety of scheduling options.

The Day-Long Intercession

	<p><u>Top of Every Hour</u> At the top of every hour we begin a new step of intercession. This keeps us focused and moving along in our intercessory prayer time. Prayer discipline begins with “time.” Jesus asked his disciples, “<i>Could you not watch one hour?</i>”</p>
	<p><u>First 10 minutes</u> The first 10 minutes are preparatory so we use the first 3 steps of stillness, worship, and thanksgiving. Make this a regular pattern in your prayer life whenever you pray. “<i>Enter His gates with thanksgiving, and into His courts with praise, be thankful and bless His name.</i>”</p>
	<p><u>40 Minutes of Intercession</u> Each hour is composed of a solid 40 minutes of intercession on the step at hand. If you find trouble staying focused then use some prayer actions to keep attentive. Change your position often, journal to God, pray some out loud, pray Scripture, etc.</p>
	<p><u>Last Ten Minutes</u> The last 10 minutes of every hour is time for a break. You are only human and need to break your routine to keep from weariness. Take a bathroom break, a coffee or juice break. If you are on a retreat with others use this time to chat with a friend about what God is teaching you about prayer.</p>

Begin Every Day

F O C U S O N G O D	<p><u>Be Still</u> (Shhh - still your mind and heart)</p> <ul style="list-style-type: none"> • Slow down • Keep silence • Lay prostrate before God • Rest in His arms • Wait patiently for Him <p><u>Be Worshipful</u> (It is not thinking but doing worship)</p> <ul style="list-style-type: none"> • Sing a Hymn to God - <i>sing of his greatness</i> • Read Psalm of praise out loud - <i>declare His glory!</i> • Do worship - <i>shout, exalt, extol, bow, clap, sing, dance, etc.</i> [verbs] • You are _____ (<i>attributes of God</i>) [adjectives] • You are my _____ (<i>Names of God or Jesus</i>) [nouns] <p><u>Be Thankful</u></p> <ul style="list-style-type: none"> • Mercies new every morning - <i>bread, breath, health, life, strength</i> • My body which is wonderfully made - <i>sight, hearing, touch, smell, etc</i> • All creation - <i>wonders of His amazing creation</i> • Blessings and Benefits received - <i>all that I have</i> • Bad, Sad, and Broken - <i>things that have gone wrong</i>
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F O C U S O N Y O U	<p><u>Confess Sin</u> (Do spiritual inventory, open heart surgery)</p> <ul style="list-style-type: none"> • Your <u>W</u>ords - <i>have you spoken evil of anyone, criticized, sharp words</i> • Your <u>A</u>ttitudes - <i>complaining spirit, depressed, grouchy, know-it-all</i> • Your <u>T</u>houghts - <i>evil desires, lusts, doubts, fears, hatred, bitterness</i> • Your <u>A</u>ctions - <i>broken God's laws, trespassed on forbidden ground</i> <p><u>Clothe Yourself</u></p> <ul style="list-style-type: none"> • Apply God's forgiveness x 10 - <i>covered, forgotten, buried, etc.</i> • Reckon who you are in Christ - <i>I am...</i> • Raise the shield of faith against Satan - <i>resist, rebuke, command, etc</i> • Embrace a promise of God for this day - <i>I believe you God when you said...</i> <p><u>Cast your Care</u></p> <ul style="list-style-type: none"> • Family - <i>each one by name and need</i> • Finances - <i>debts, needs, provisions, wisdom</i> • Frustrations - <i>with spouse, self, life, job, etc</i> • Fears, worries, <i>anxieties about tomorrow</i> • Failures - <i>faults, weaknesses, struggles, etc.</i>
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Through the Day/Week

F O C U S O N O T H E R S	<p><u>Souls</u> (Monday)</p> <ol style="list-style-type: none"> 1. That we establish an effective outreach and evangelism program. 2. That we constantly prioritize reaching lost people.(Kids, Youth, Adult) 3. That souls are saved every week & dramatic life-changing conversions. 4. That prayer meetings & partnerships labor, agonize, prevail, for souls. 5. That it becomes normal and expected that people get saved at church. <p><u>Saints</u> (Tuesday)</p> <ol style="list-style-type: none"> 1. That God's people would grow faith-filled, and deep commitment. 2. That people would learn to <u>pray</u> and love to pray. 3. That <u>discipleship</u> would be a regular natural part of church life. 4. That openness and <u>fellowship</u> which shares Christ & struggles openly. 5. That people will have a hunger and thirst for God in <u>worship</u>. <p><u>Sick & Suffering</u> (Wednesday)</p> <ol style="list-style-type: none"> 1. That people are regularly experiencing God's healing touch. 2. That we share openly what God is doing in healing. 3. That we as elders sincerely pray for healing of the sick. 4. That we have regular and special anointing services. 5. That we believe God for great-mighty things (healings, deliverance)
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F O C U S O N W O R L D	<p><u>Ministries</u> (Thursday)</p> <ol style="list-style-type: none"> 1. That leaders have passion to lead by shepherding example. 2. That we get leaders to support and be excited about ministries. 3. That leaders enthusiastically participate and lead prayer ventures. 4. That we establish a strong leadership training SEAN program. 5. That we effectively train 10-20% new Awana leaders annually. <p><u>Missionaries</u> (Friday)</p> <ol style="list-style-type: none"> 1. That we be sending short-term missionaries annually. 2. That our missions giving excels. 3. That we pray passionately for "our" missionaries. 4. That we visually promote missionary highlights monthly. 5. That we have a strong children's & youth missions emphasis. <p><u>Magistrates & World</u> (Saturday)</p> <ol style="list-style-type: none"> 1. That we pray diligently for National revival in America. 2. That we pray for Military personnel in harms way. 3. That we pray regularly for the President and cabinet. 4. Persecuted Church - God's imprisoned, persecuted, martyred 5. Yet Unreached Peoples - who have never heard of Jesus
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Focus on God

1 Make a joyful noise unto the LORD, all ye lands. 2 Serve the LORD with gladness: come before his presence with singing. 3 Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. 4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. 5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations. – Psalm 100

Make His Praise Glorious

Praise - Give Glory - Magnify - Worship -
Exalt/Extol - Sing - Ascribe - Bless - Declare
- Shout - Delight in - Honor - Behold - Love -
Clap - Lift up hands - Bow down -

Lord, You are _____ (attributes of God)
Lord, You are my _____ (Names of Jesus)
Lord, Your name is _____ (Jehovah-)

Jehovah Jireh-Provider / Jehovah Nissi--
Banner / Jehovah Shalom-Peace / Jehovah
Tsidkenu-Righteousness / Jehovah
Shammah-Present / Jehovah M'Kaddesh-
Sanctifier / Jehovah Rophe-Healer / Jehovah
Rohi-Shepherd

Be Thankful Unto Him

- His mercies new every morn
- His benefits
- His blessings
- His way and will is perfect
- Good, bad, and the ugly

“In everything give thanks for this is the will of God in Christ Jesus concerning you.” – 1Thess 5:18

“I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple. 2 Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet, and with twain he did fly. 3 And one cried unto another, and said, Holy, holy, holy, is the LORD of hosts: the whole earth is full of his glory. 4 And the posts of the door moved at the voice of him that cried, and the house was filled with smoke.” – Isaiah 6:1-4

Exalt His Name Together

Ancient of Days – Almighty – Alpha and Omega – Amen – Anchor – Author – Balm – Bread – Bridegroom – Brightness of glory – Bright Morning Star – Captain – Cornerstone – Counselor – Creator – Deliverer – Defense – Door – Eternal God – Everlasting Father – Fortress – First and Last – Immanuel – Hiding Place – High Tower – Judge – King of kings – King Eternal – Lamb of God – Lilly of the Valley – Lord Mighty in Battle – Lion of Judah – Life – Lifter of my head – Light – Living Bread – Living Way – Lord Strong Mighty – Love – Mediator – Mighty God – Omnipotent – Only Potentate – Prince of Peace – Potter – Redeemer – Refiner – Refuge – Rock – Rose of Sharon – Savior – Shelter – Shepherd – Shield – Sun of Righteous – Truth – Victor – Vine – Way – Wonderful

He Has Made

- Earth by his great power
- Me, I am fearfully and wonderfully made
- All things small and great
- All things richly to enjoy
- This day
- Good and evil

“Consider the work of God: for who can make that straight, which he hath made crooked?” – Ecclesiastes 7:13

Focus on Yourself

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. 9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. 10 Humble yourselves in the sight of the Lord, and he shall lift you up. – James 4:7-10

Cleanse Your Heart

- Words - have you spoken evil of anyone, criticized, sharp words
- Attitudes - complaining spirit, depressed, grouchy, know-it-all
- Thoughts - evil desires, lusts, doubts, fears, hatred, bitterness
- Actions - broken God's laws, trespassed on forbidden ground

My Sin, Oh, The Bliss

- paid in full – Romans 5:11
- forgiven / pardoned – 1 John 1:9
- laid on Jesus – Is 53:6
- washed whiter than snow – Is 1:18
- covered – Ps 32:1
- cleansed by blood of Jesus – Heb 9:22
- blotted out (swept away) – Is 44:22
- removed east from west – Ps 103:12
- cast in depths of sea – Micah 7:19
- forever forgotten – Jeremiah 31:34.

Resist the Devil

- Bind the enemy Mat 18:18-20
- Resist the devil James 4:7
- Claim the blood Rev 12:11
- Declare loosing of captives Luke 4:18
- Pull down strongholds II Cor. 10:3-5
- Put a hedge of protection Ezk 22:30
- Command him to leave Mat 10:1
- Rebuke him in Jesus Mat 17:18

Stand Firm on the Promises of God.

Reckon Self To Be In Him

- I am...
- complete in him Col 2:10
 - free from sin's power Rom 6:14
 - sanctified wholly 1 Cor 6:11
 - meet for the Master's use 2 Tim 2:21
 - loved eternally 1 Pet 1:5 /
 - safe in the palm of his hand
 - kept from falling Jude 1:24
 - kept by the power of God 1 Pet 1:5
 - not condemned Rom 8:1-2
 - seated in heavenly places Eph 1:3
 - the head and not the tail Deut 28:13
 - protected from the evil one 1 Jn 5:18
 - secure in Christ Jn 10:28-29
 - set upon a Rock Ps 40:2
 - more-than-a-conqueror Rom 8:37

“Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the LORD of hosts. 6 Then flew one of the seraphims unto me, having a live coal in his hand, which he had taken with the tongs from off the altar: 7 And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged. 8 Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.” – Isaiah 6:1-4

Who I Am In Christ

I AM GOD'S...

- possession Gen 17:8/ 1Cor 6:20
- child Jn 1:12
- workmanship Eph 2:10
- friend James 2:23
- temple 1 Cor 3:16/ 6:16
- vessel 2 Tim 2:2
- co-laborer 1 Tim 5:18
- witness Acts 1:8
- soldier 2 Tim 2:3
- ambassador 2 Cor 5:20
- building 1 Cor 3:9
- husbandry 1 Cor 3:9
- minister/instrument Acts 26:16 / 1 Tim 4:6
- chosen Eph 1:4
- beloved Rom 1:7/ 2 Thess 2:13
- precious jewel Mal 3:17
- heritage 1 Pet 5:3

I HAVE BEEN...

- redeemed by the blood Rev 5:9
- set free from sin /condemnation Rom 8:1-2
- set free from Satan's control Col 1:13
- set free from Satan's kingdom Eph 2
- chosen before foundation of world Eph 1:4
- predestined to be like Jesus Eph 1:11
- forgiven of all my trespasses Col 2:13
- washed in the blood of the Lamb Rev 1:5
- given a sound mind 2 Tim 1:7
- given the Holy Spirit 2 Cor 1:22
- adopted into God's family Rom 8:15
- justified freely by his grace Rom 3:24
- given all things pertaining to life 2 Pet 1:3
- given great and precious promises 2 Pet 1:4
- given ministry of reconciliation 2 Cor 1:22
- given wisdom Eph 1:8

I AM...

- complete in him Colossians 2:10
- free forever from sin's power Rom 6:14
- sanctified 1 Cor 6:11
- meet for the Master's use 2 Tim 2:21
- loved eternally 1 Pet 1:5 /
- eternally kept in his palm Jn 10:28
- kept from falling Jude 1:24
- kept by the power of God 1 Pet 1:5
- not condemned Rom 8:1-2
- on my way to heaven Jn 14:6
- quickened by his mighty power Eph 2:1

- seated in heavenly places Eph 1:3
- the head and not the tail Deut 28:13
- light in the darkness Mat 5:14
- candle in a dark place Mat 5:15
- city set on a hill Mat 5:14
- salt of the earth Mat 5:13
- his sheep Ps 23 / Ps 100:3/ Jn 10:14
- a citizen of heaven 1 Pet 2:11
- hidden with Christ in God Ps 32:7
- protected from the evil one 1 Jn 5:18
- kept by the power of God 1 Pet 1:5
- secure in Christ Jn 10:28-29
- set upon a Rock Ps 40:2
- more-than-a-conqueror Rom 8:37
- a victor, an overcomer 1 Jn 5:4
- healed by his strips Is 53:6
- hidden and sheltered under his wing Ps 91:4

I HAVE...

- access to the Father Rom 5:2 /Eph 3:12
- a home in heaven waiting for me Jn 14:1-2
- authority over the power of enemy Lk 10:19
- all things in Christ 2 Cor 5:17
- a living hope 1 Pet 1:3
- an anchor to my soul Heb 6:19
- a hope that is sure and steadfast Heb 6:19
- authority to tread on serpents Lk 10:19
- power to witness Acts 1:8
- the tongue of the learned Is 50:4
- the mind of Christ 1 Cor 2:16
- boldness and access Heb 10:19
- peace with God Rom 5:1
- faith as a grain of mustard seed Lk 17:6

I CAN...

- do all things through Christ Phil 4:13
- find mercy and grace to help Heb 4:16
- come boldly to the throne of grace Heb 4:16
- quench all the fiery darts Eph 6:16
- tread on the serpent Lk 10:19
- declare liberty to captives Is 61:1
- pray always and everywhere Lk 21:36
- chase a thousand Joshua 23:10
- defeat the enemy 1 Jn 2:14, 4:4

I CANNOT...

- be separated from God's love Rom 8:35-39
- be lost Jn 10:28
- be moved Ps 16:8
- taken out of the Father's hand Jn 10:29

What God Did With My Sin

1. They were paid in full – Romans 5:11. Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.
2. They were forgiven/pardoned – I John 1:9. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
3. They were laid on Jesus – Is 53:6. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.
4. They were washed whiter than snow – Is 1:18. "Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.
5. They were covered – Ps 32:1. Blessed is he whose transgressions are forgiven, whose sins are covered.
6. They were cleansed by blood of Jesus – Heb 9:22. In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.
7. They were blotted out (swept away) – Is 44:22. I have swept away (blotted out) your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you." (Ps 51:1)
8. They were removed as far as east from west – Ps 103:12. as far as the east is from the west, so far has he removed our transgressions from us.
9. They were cast in depths of sea – Micah 7:19. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.
10. They were forever forgotten – Jeremiah 31:34. No longer will a man teach his neighbor, or a man his brother, saying, 'Know the LORD,' because they will all know me, from the least of them to the greatest," declares the LORD. "For I will forgive their wickedness and will remember their sins no more."

Promises In Prayer

PRAYER

- Isaiah 65:24
- Psalm 37:4
- Psalm 37:5
- Jeremiah 33:3
- Jeremiah 32:17-18
- Matthew 18:19

PEACE

- Isaiah 26:3
- Isaiah 32:17
- Jeremiah 29:11
- Psalm 37:37

PROTECTION

- Psalm 91:3
- Isaiah 54:17
- Isaiah 43:2
- Jeremiah 15:20
- Psalm 5:11-12

SUPPLY

- Psalm 34:10
- Psalm 37:25
- Philippians 4:19
- 2 Corinthians 9:8

SUCCESS

- Joshua 1:8
- Psalm 1:3
- Romans 8:28

STRENGTH

- Isaiah 40:29
- Isaiah 40:31
- Isaiah 41:10
- Isaiah 41:13
- 2 Corinthians 12:9

DELIVERANCE

- Psalm 34:17,19
- Psalm 34:7,8
- Isaiah 59:19

LEADING

- Proverbs 3:6
- Isaiah 30:21
- Proverbs 16:3,9
- Psalm 37:23
- Isaiah 58:11
- Psalm 32:8

FEARS

- 2Timothy 1:7
- Isaiah 41:10
- Isaiah 41:13
- Psalm 34:4

SOULS

- Psalm 2:8
- Psalm 126:6
- 2 Peter 3:9

CHILDREN

- Isaiah 54:11-13
- Psalm 127:3
- Isaiah 59:21
- Isaiah 44:3
- Proverbs 22:6

WISDOM

- Isaiah 50:4
- Psalm 19:7
- Proverbs 1:7
- James 1:5

FORGIVENESS

- Psalm 86:5
- 1 John 1:9
- Isaiah 1:18
- Isaiah 43:25

GROWTH

- Philippians 1:6
- Acts 20:32
- Ephesians 3:20
- Jude 24

HEALING

- Exodus 15:26
- Psalm 103:3-4
- James 5:15
- Matthew 8:17

SLEEP

- Proverbs 3:24
- Psalm 4:8
- Psalm 127:2

WORD OF GOD

- Isaiah 55:11
- Jeremiah 23:29
- Acts 20:32
- Hebrews 4:12
- 2 Timothy 2:9
- 2 Timothy 3:16

A One Day Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there and when we are we are in a hurry to get on to some other busy plans. Take time to be holy. Set aside one day a month for extended prayer.

8:30 am – FOCUS ON GOD

- 9:00 am – Be Still (1)
- 9:30 am – *Journal to God about this day*

10:00 am – Be Worshipful (2)

- 10:30 am – *Walk and enjoy God's beauty*

11:00 am – Be Thankful (3)

- 11:30 am – *Smile, count blessings, study nature*

12:00 pm – Lunch

12:30 pm – FOCUS ON SELF

- 1:00 pm – Confession (4)
- 1:30 pm – *Walk & listen to sermon tape/music, etc*

2:00 pm – Cover Yourself in Armor (5)

- 2:30 pm – *Read, meditate, memorize*

3:00 pm – Cast all Cares on Him (6)

- 3:30 pm – *Nap time / read / sleep / listen*

4:00 pm – SCHEDULE YOUR NEXT PRAYER TIME!

- 4:30 pm – Adjournment

Remember prayer is fellowship with God, not just bending God's ear with a list of requests. It is those who "know their God" that shall be strong and do exploits. Get to know God in prayerful listening, whispering, singing, worshipping, reading, meditating, memorizing his word, etc.

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying.

Promises are to be used, not just acknowledged and appreciated. Claim the truth of the promise in prayer. Lay hold of it by faith. Believe God for it.

Pray Songs and Hymns

There is great satisfaction in learning to “minister to the Lord.”
Speaking to yourselves in psalms and hymns and [spiritual songs](#), singing and making melody in your heart to the Lord; - Ephesians 5:19

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. – Colossians 3:16

Preparation

Sweet Hour of Prayer
More Love to Thee
My Jesus, I Love Thee
Holy Ground
As the Deer

Hymns

Holy, Holy, Holy
All Hail the Power
To God Be the Glory
How Great Thou Art
Praise to the Lord, the Almighty
Come, Thou Fount of Every Blessing
O Worship the King

Exaltation

Holy Holy (chorus)
Holy, Holy, Holy (hymn)
He is Lord
We Worship and Adore You
I Love You, Lord
Bless the Lord O My Soul
Be Exalted, O God

Thanksgiving

Great Is Thy Faithfulness
And Can it Be
All Hail King Jesus
Glorify Thy Name
It is Well With My Soul
Thank You Lord for Saving My Soul

Examination

Jesus, I Come
Just as I Am
Search Me O God
Be Thou My Vision
Take Time to Be Holy
Open Our Eyes Lord
Change My Heart O God

Consecration

Take My Life and Let it Be
In My Life (Be Glorified)
Dear Lord and Father of Mankind
Refiners Fire (Purify My Heart)
Change My Heart O God
Create In Me A Clean Heart
Draw Me Closer

Burdens

I Cast All My Cares Upon You.
Burdens Are Lifted At Calvary
No One Understands Like Jesus
What a Friend We Have in Jesus

Adoration

I Exalt Thee
My Jesus, I Love Thee
I Love You Lord
Thou Art Worthy
Blessed Be The Name of the Lord
His Name Is Wonderful
As the Deer

Pray the Scriptures

A marked and well-used Bible can be a wonderful asset to prayer. Take the time to review the Scriptures listed below. Mark them in your Bible, even copy this list to the fly leaf. Then salt your corporate prayer times with God’s word.

Thanksgiving	Psalm 103, 104, 105, 107, Psalm 111, 118, 124, 126, 136, 139
Adoration	Psalm 111, 112, 113, 117, Psalm 134, 144, 145, 147, 148, 149, 150
Confession	Psalm 51, Psalm 139, Isaiah 6:1-6, Daniel 9:4-19, I John 1:5-10
Exaltation	Philippians 2:6-11, Rev. 4:8-11, Rev 5:6-14, Rev 7:9-12, Rev 19:16
Encouragement	Isaiah 40:28-31, 43:1-7, 44:1-3, 44:21-24, Isaiah 51:11-16, 54:7-17, 55:6-13 Isaiah 59:16-21, 61:1-3, 64:1-4, 62:1-7, Malachi 3:16-18
Longing After God	Psalm 27:1,4-8, Ps 42:1-5, Psalm 62:1-4, Ps 84:1-4, 9-12
Promises to Seekers	2 Chronicles 7:14-16, Jeremiah 29:11-14, Hosea 10:12, Isaiah 55:1-3, Isaiah 55:6-13
God’s Presence	Exodus 33:12-23, 34:5-8, Ex 40:32-35, 2 Chron. 5:11-14, 2 Chron. 7:1-3
Doxologies	Heb 1:3, I Tim 1:17, I Tim 6:15-16, Col 1:13-19, Philip 2:9-11, Eph 1:20-22, Rev 1:8, 1:13-18

Hints For Better Praying

1. Don't be in a hurry - Waiting on God is just that, "waiting."
2. Order your thoughts - Make your requests to God in an orderly way, topic by topic. Limit the time you spend on one topic. Refuse to be scatter-brained.
3. Surrender yourself to Him - Give the Lord verbally all your body, hands, eyes, feet, lips, ears,
4. Wait on the Lord - Just be quiet.
5. Behold the Lord - Worship and praise the Lord
6. Be thank-filled - Cultivate a thankful mind. Literally give God thanks for every thing.
7. Drink deeply from the well of salvation - Read from a devotional guide.
8. Minister to the Lord - Sing a song to the Lord
9. Let God talk to you - Read the Word quietly
10. Believe God's promises - Arm yourself with God's might

Actions In Prayer

Often in our praying we often adopt certain ways and stick to that pattern the rest of our lives. In studying the Word of God we find that prayer was not the passive event that we so often experience. The prayers and the pray-ers of the Bible were active in prayer.

A wonderful way to rejuvenate your Prayer Life is to begin exercising yourself in prayer as God intended. Take the Word seriously, not just the commands but the examples as well. Here are a few activities to practice as you pray.

- Lay the thing before God
- Write your prayer
- Cry out loud
- Move lips but no voice
- Kneel, bow down
- Lift up hands
- Stand in His presence
- Lay prostrate before Him
- Lay hands on someone needy
- Touch things you mention to God
- Agree together with another
- Walk around
- Look up to heaven
- Talk out loud to God (not to others)
- Sing to the Lord
- Raise a rod of authority
- Put on a praise garment
- Anoint with oil
- Grab onto a promise (remind God)
- Lay down on back
- Curl up in fetal position on knees

Positions & Actions In Prayer

In praying we often adopt certain ways and stick into that pattern the rest of our lives. In studying the Word of God we find that prayer was not the passive event that we so often experience. The prayers and the pray-ers of the Bible were active in prayer. A wonderful way to rejuvenate your Prayer Life is to begin exercising yourself in prayer as God intended. Take the Word seriously, not just the commands but the examples as well. Here are a few activities to practice as you pray.

1. Eyes open - John 11:41 / John 17:1
2. Tears shed - I Samuel 7-10/ Psalm 126:5-6
3. Shout/applaud/cheer - Ezra 3:11-14/ Ps 47:1
4. Sing - Psalm 100:4/ Ephesians 5:19
5. Loud voice - Acts 7:60
6. Unison - rush together making same noise - Acts 4:24
7. Speak to obstacle - Joshua 10:12 "Sun stand still"/ Mat. 21:21
8. Speak with no sound - I Samuel 1:7-10
9. Say "Amen" to others prayers - I Cor. 14:16
10. Fast - 2 Samuel 12:16/ Isaiah 58:6
11. Stand up - Nehemiah 9:3-5
12. Kneel - Eph. 3:14/ Philip.2:9-11
13. Lay down on bed - 2 Kings 20:2
14. Lay face on ground - 2 Chronicles 7:3
15. Walk (pace) - 2 Kings 4:33-35
16. Squat/bow down 2 Kings 18:42/ Ps. 95:6
17. Dance - 2 Samuel 6:14-16
18. Walk away, be restored - Mat. 5:23-24
19. Sackcloth & Ashes - 2 Kings 19:1
20. Sit - Mt. 26:36 / Mark 14:32,37-38
21. Bow head - Isaiah 58:5
22. Raise hands in praise - Psalm 134:2/ 143:6
23. Raise hands in authority - Exodus 17 8-15/Heb.12:11-12
24. Touch together the thing - Mat. 18:19 (sumphoneo)
25. Lift hand in blessing - Luke 24:50
26. Lay hands on (for commissioning) - Hebrews 6:2/ 1 Tim. 4:14
27. Anoint - Mark 6:13/ James 5:13-15
28. Spread it before the Lord - 2 Kings 19:14-15

Places of Prayer

Where Do You Pray?

Be careful not to make prayer a thing limited to your secret closet or at church. Praying is to be done everywhere. Paul exhorts us to prayer everywhere, and for all men. What would happen if we actually did that?

Try this: Instead of praying for people, pray with people. Instead of telling people we will pray for them, stop right then and there and pray **WITH THEM**. Whether you are in an office or factory floor, in the supermarket, or on a street corner. Practice praying **EVERYWHERE** by praying with people. Lay your hand on them as you do. You will find it exciting and transforming.

OUTDOORS

Mountain top - Luke 9:28-29
Wilderness - Mark 1:35
Desert place - Mark 1:35
Riverside - Acts 16:13
Garden - Mat 26:39-42
Hillside - Mat 14:23
On camping trip - Gen 32:24-30
Under a tree - 1 Kings 19:5
In a cave - 1 Kings 19:9
Beside a brook - 1 Kings 17:3-5
In a chariot - Acts 8:36-37
Up a tree - Luke 19:3
On the street - Acts 3:1-6
Street corners - Mt 6:5
Apart about a stone cast - Luke 22:41
By a brook - 1 Kings 17:3-5
On a walk - Luke 24:32

INDOORS PLACES

In a closet - Mt 6:6
In a home - Acts 12:12-13
Bed room - Daniel 6:10
Upper room - Acts 1:13-14
In synagogues - Mt 6:5
Roof top - Acts 10:9
At the table - Acts 27:35
In the Temple - Acts 4

PLACES OF TROUBLE

In a fiery furnace - Dan 3:25
On a boat - Jonah 1:6,14
Tossed at sea - Mark 4:8
Lions den - Daniel 6:22
Bottom of a well - Jer 38:6
In a dungeon - Acts 16:24-25
Isle of Patmos - Rev 1:1-2
Hanging on a cross - Luke 23:42
While being stoned - Acts 7:59-60
From belly of whale - Jonah 2:1

Music In Prayer

1. Sing for joy to God our strength; shout aloud to the God of Jacob! 2. Begin the music, strike the tambourine, play the melodious harp and lyre. 3. Sound the ram's horn at the New Moon, and when the moon is full, on the day of our Feast; 4. this is a decree for Israel, an ordinance of the God of Jacob. 5. He established it as a statute for Joseph when he went out against Egypt, where we heard a language we did not understand. 6. He says, "I removed the burden from their shoulders; their hands were set free from the basket. 7. In your distress you called and I rescued you, I answered you out of a thundercloud; I tested you at the waters of Meribah. (Psalm 81)

We usually do not equate prayer with music, but the Jews do. Did you ever listen to a Jewish worship service? The priest intones his prayers in music. Music is a gift of God and in prayer is a gift to God. Both Old and New Testaments are full of examples and commands for individuals and groups to sing unto the Lord. The key here is not just sing, but to whom we sing - sing unto the Lord. It is the most intimate of fellowships with God.

Sing unto the Lord

Sing unto the Lord is a command of Scripture in both Old and New Testaments. It will be part of our joys in heaven. Let us rehearse for heaven's courts and learn to practice the truth of Psalm 100.

"Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing."

David exhorted people everywhere to sing to the Lord... with psalms, with praises, with loud shouts, with dancing, with instruments, and much more. He made it a personal commitment stating "I will sing" again and again throughout the Psalms. He gives us his personal reasons for such singing too: "because it is good, pleasant, comely, and because He has... triumphed gloriously, dealt bountifully with me, redeemed my soul, done marvelous things, gotten the victory, done wondrous works, done excellent things, has great power, and He is a refuge in trouble. He also tells us how he does this singing ...with my whole heart, while

I have my being, upon his bed, in the congregation, in the night seasons, daily performing his vows.

Psalms, Hymns, Spiritual Songs

The New Testament is no less emphatic about singing to the Lord in prayer. In Revelation 15:3 it is the Song of Moses and the song of the Lamb. God reveals the victory that believers have over the powers of Satan, even after he is thrown down to earth with great wrath. The secret is in "the blood of the Lamb," but how often we forget the second part of that "the word of their testimony." That testimony is the song of the redeemed. Paul exhorts the church individually and corporately to sing unto the Lord. In Ephesians 5:19 he says, "*Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*"

Then again in Colossians 3:16 he repeats: "*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.*" Singing to the Lord is the badge of the believer. It is the "living water" flowing out of our bellies for "out of the abundance of the heart the mouth speaks."

HINT:

One of my favorite activities in a personal prayer retreat is to carry along a Walkman with earphones and tapes of acapella worship music. It is simple, un-embellished, Christ-centered worship, and best of all I can sing along addressing each song from my heart to the Lord. You may choose to use music with instrumentation but be careful that it does not overpower, call attention to itself, or interrupt your communion with the Lord. If you play an instrument, harmonica, piano, flute, recorder, or even whistle use it to play skillfully to the Lord.

Use Songs In Prayer

Try singing on each step of Intimacy with God. Each of the steps lend themselves easily to hymns and songs that are reverent, worshipful and expressive of what we are praying about. Remember, these are not hymns and choruses about God but songs addressed to Him. Try it. Remember too, there are many more choruses, hymns and spiritual songs than we can suggest here.

- ⇒ **Be Still** - Be Still My Soul; I Come to the Garden Alone; Open My Eyes Lord; I Want to See Jesus I Will Keep My Mind Stayed on You
- ⇒ **Be Worshipful** - As the Deer; I Love You Lord; In Moments Like These; Jesus; Name Above All Names His Name is Wonderful; Be Exalted; Father I Love You; Isn't He?
- ⇒ **Be Thankful** - Give Thanks; God Is So God; In His (Your) Time; Allelujah - Thank you Jesus; Thank You Lord for Saving My Soul
- ⇒ **Confession** - Cleanse My Heart O God; Create In Me A Clean Heart; Spirit of God Descend Upon My Heart; Hide Me In Your Holiness; According To Thy Loving Kindness Father
- ⇒ **Clothe in Armor** - A Shield About Me; Fill Me Now; I Surrender All; Spirit of the Living God Fall Fresh On Me; Mighty Warrior
- ⇒ **Cast Cares** - Burdens are Lifted At Calvary; I Cast My Every Care Upon You; / No One Understands Like Jesus / What a Friend We Have in Jesus / Take Your Burden to the Lord and Leave It There

There are many old and new choruses that lend themselves to ministering to the Lord in songs of worship and adoration. The criteria for a worship song is that it must be addressed to the Lord as a prayer of worship, not just about the Lord or one's personal experience. They should be of simple melodies easily sung without instrument, as opposed to songs of difficult and complex meters. Choruses these days are changing faster than one can keep track. Here are a few suggestions to get you started.

Choruses of Worship

You should be careful to minister to the Lord, not just bombard him with requests. Refresh yourself in the Lord's presence by "singing songs, hymns, spiritual songs to the Lord." Use a chorus book or hymn book as offerings to the Lord.

Exaltation	His Name
<ul style="list-style-type: none"> - All Hail King Jesus - As the Deer - Be Exalted, O God - Bless the Lord O My Soul - Father I Love You - Holy Holy (chorus) - Holy, Holy, Holy (hymn) - Holy Ground - He is Lord - I Love You, Lord - I Exalt Thee - In Moments Like These - Majesty - Open My Eyes Lord - Thou Art Worthy - We Worship and Adore You 	<ul style="list-style-type: none"> - Alleluia, He's my Savior - Emmanuel - His Name Is Wonderful - Isn't He? - Jesus Is the Sweetest Name - Jesus, Name Above All Names - More Precious Than Silver - My Jesus I Love Thee - O Come Let Us Adore Him - Something About That Name - Turn Your Eyes Upon Jesus - Spirit of Living God
Thanksgiving	Examination
<ul style="list-style-type: none"> - And Can it Be - All Hail King Jesus - Give Thanks - Glorify Thy Name - Great Is Thy Faithfulness - In His (Your) Time - It is Well With My Soul - Thank You Lord for Saving - God Is So God 	<ul style="list-style-type: none"> - According To Loving Kindness - Be Thou My Vision - Change My Heart O God - Create In Me A Clean Heart - Just as I Am - Hide Me In Your Holiness - Open Our Eyes Lord - Refiners Fire (Purify My Heart) - Search Me O God - Take Time to Be Holy
Surrender/Trust <ul style="list-style-type: none"> - Fill Me Now - He Is Able - I Surrender All - Learning To Lean - Open Our (My) Eyes Lord 	Burdens <ul style="list-style-type: none"> - Burdens Are Lifted At Calvary - I Cast All My Cares Upon You. - No One Understands Like Jesus - What a Friend We Have in Jesus