

A Guide to Intercessory Prayer

Focus on God	Personal Intimacy <ol style="list-style-type: none">1. Be Still2. Be Worshipful3. Be Thankful
Focus on You	Private Inspection <ol style="list-style-type: none">1. Confession2. Clothe in Armor3. Cast Your Care
Focus on Others	Intercession for Friends <ol style="list-style-type: none">1. Souls2. Saints3. Sick
Focus on World	Intercession for Leaders <ol style="list-style-type: none">1. Ministers2. Missionaries3. Magistrates

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*For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.
Jeremiah 29:11-13*

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

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 Intercessor

	<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.</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.</p>
	<p><u>40 Minutes of Intercession</u> Each hour is composed of a solid 40 minutes of intercession on the step at hand.</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.</p>

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 a day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it helpful, even necessary to do an overnight so I am relaxed to start the day.

- 7 am – Simple Breakfast
- 8 am – Be still (1) Be Worshipful (2) Be (3) Thankful
- 9 am – Confession (4) Clothe in Armor(5) Cast your Care (6)
- 10 am – Walk & listen to sermon tape/music, etc
- 11 am – Intercession: Souls (7) *Your top 10 list*
- 12 am – Lunch - soup and sandwich (read a devotional book)
- 1 pm – Intercession: Saints (8) *Your church phone list*
- 2 pm – Break! (Nap or take a walk)
- 3 pm – Intercession: Sick (9) *The afflicted in mind, soul body*
- 4 pm – Praise w/ tapes (walk, journal, plan)
- 5 pm – Intercession: Ministers (10)
- 6 pm – Supper break - Listen to Scripture on tape
- 7 pm – Intercession: Missionaries (11) *Use Prayer Cards*
- 8 pm – Walk w/ pray (Music /Silence or Sermon)
- 9 pm – Intercession: Magistrates (12) *Use a Newspaper*
- 10 pm – Meditation on God’s Name, Acts, Worth
- 11 pm – Return home (or bed) with Praise Tapes

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.