

“The great people of the earth today are the people who pray! I do not mean those who talk about prayer; nor those who say they believe in prayer; nor those who explain prayer; but I mean those who actually take the time to pray. **They have not time. It must be taken from something else. That something else is important, very important and pressing, but still, less important and pressing than prayer.** These are people who put prayer first, and group the other items in life's schedule around and after prayer. These are the people today who are doing the most for God...”

- Gordon

SWEET HOUR OF PRAYER WORSHIP GUIDE



TRINITY
BAPTIST CHURCH *growing • loving • serving*

This worship guide is material from Evangelist Tom Palmer. You can find other helpful resources at <http://www.palmerrevival.org/PrintableDownloads.html>

The following information is a simple guide for an hour of time set aside to meet with God in a consecrated and dedicated effort. By breaking down the 60 minutes in an hour into 12 blocks of five minutes each, you can spend a meaningful hour with God.

- ✠ Confession- Agree with God about any form of sin in your life that could in any way hinder your prayers. Make Psalm 139:23,24 a prayer and then allow God to reveal any area of unconfessed sin including “presumptuous sins” (Psalm 19:13), “secret sins” (Psalm 90:8), and “besetting sins” (Hebrews 12:1). Include areas of sin in word, deed, attitude, or reaction.
- ✠ Praise - Focus on the person of God by praising Him for Who He is. Make a specific list of the attributes of God that you are thankful for and read the list back to Him. Psalm 86 is “A Psalm Filled With God” and may serve as a guide in making your list.
- ✠ Humbling - Genuine humility begins with an awareness of your need of God (Romans 12:3, James 4:10). In your notes, write this phrase: “God I need you because...” and then finish the statement in prayer acknowledging your dependence upon God.
- ✠ Singing - Use a songbook or even songs recalled from memory and simply worship the Lord in song. Psalm 100:2, we are told to “come before His presence with singing.” (Psalm 21:13; 33:1-3; 66:1,2)
- ✠ Scripture - It is through the Word of God that God speaks to us. Select a meaningful passage and read it aloud, Marking key thoughts in your Bible. Find a key truth and determine how you can apply it to your life. (Psalm 119:18)
- ✠ Waiting - During this time you will not be reading, writing, or speaking. Simply be quiet before the Lord and allow Him to bring anything to your mind that he chooses. (Psalm 27:14, 37:7) Recognize that God is present with you.

- ✠ Intercession - According to 1 Timothy 2:1, “supplications, prayers, and intercessions” are to be made “for all men”. Prepare a list of names and needs that you can bring before the Lord. In so doing you will take hold of the requests and the Lord in prayer, and you will bring them together. It has been said that intercession is “love on it’s knees”.
- ✠ Petition - Prepare a list of personal needs and “let your requests be made known unto God.” (Philippians 4:6) focus not only on physical and material needs, but on mental, emotional, and above all, spiritual needs.
- ✠ Thanksgiving - Prepare a list of 10 ways that God has been good to you. Read your list back to God, thanking Him specifically for each one. (1 Thessalonians 5:18)
- ✠ Psalms - Instead of just reading through a Psalm, pray through it. Many of the Psalms are filled with praise and prayer, and provide wonderful communication with God when applied personally. (Suggestions Psalm 27, 40, 42, 63)
- ✠ Meditation - In Meditation, the mind is not in neutral but is very active. Choose a favorite verse in Scripture (maybe even from the Psalm you just prayed through) and ask yourself these questions. 1. What does it say? 2. What does it mean? 3. What should I do? Endeavor to memorize and master this verse as you internalize it’s truth. (Psalm 1:2) Record your findings in your notes.
- ✠ Praise - You began with praise, and now you conclude with praise. Thank God for the blessings that this concentrated time with Him has brought into your life. Psalm 50:23 says, “Whoso offering praise glorifieth me...” You will bring glory to your God as you praise Him. What a great way to end this special time. (Psalm 150)