



# *How to Pray* FOR ONE HOUR

## Confession

*Ask God to search every area of your life!*

CONFESSION

THANKSGIVING

ADORATION/PRAISE

SUPPLICATION

- Mind - "Have I allowed myself to think anything that has grieved You?"
- Eyes - "Have I allowed myself to look upon anything with eyes of lust?"
- Ears - "Have I allowed myself to listen to anything that has grieved You?"
- Tongue - "Have I said anything that has offended You and hurt others?"
- Hands - "Have I done anything that has hurt You?"
- Heart - Do I have any hidden sin in my life that You're wanting me to forsake or abandon?"
- Feet - "Have I neglected my walk with God in any way?"
- After asking God to forgive specific sins, then claim 1 John 1:9 - "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."



# *How to Pray* FOR ONE HOUR

## Thanksgiving

*Tell God those things that He has given for which you are grateful!*

- Salvation - Thank you for saving me on \_\_\_\_\_
- Family - Mention by name
- Friends - Mention by name
- Home
- Health
- God's will created for my life
- Church
- Christian school
- College
- Bible
- Opportunity to pray
- Opportunity to win people to Christ
- Trouble
- Pastor
- Miracles

CONFESSION

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THANKSGIVING

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ADORATION/PRAISE

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SUPPLICATION

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# *How to Pray* FOR ONE HOUR

## Adoration/Praise

*Remind God of Who He is to you!*

- Advocate - Anchor - Alpha & Omega - Almighty
- Brother - Beloved - Bread of life - Buckler
- Companion - Comfort - Captain of my salvation - Commander - Counselor
- Defender - Deliverer
- Everlasting - Eternal - Example
- Faithful Friend - Foundation - Fortress
- Good - Gracious - Guide
- Holy - High Priest - Hope - Help
- Infinite - Intercessor - I AM (all sufficient)
- Just - Judge
- Kind - King of kings
- Lord of lords - Lamb of God slain from the foundation of the world
- Majestic - Mighty - Miraculous - Mine - Messiah - Man of Sorrows

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# *How to Pray* FOR ONE HOUR

## Adoration/Praise

*Remind God of Who He is to you!*

- Never leave me nor forsake me
- Omnipotent (all powerful) - Omniscient (all-knowing) - Omnipresent (everywhere)
- Precious - Perfect - Pierced for my sins - Power of God - Passover
- Quickening Spirit
- Redeemer - Rock - Refuge
- Strength - Song in the night - Shepherd - Shield - Servant
- Tender - Truth - Teacher
- Understanding
- Victorious - Valiant
- Wise - Wonderful - Word of God - Wall of Fire - Witness
- Exalted One in my life
- Yoke I gladly bear
- Zealous for me to do right

CONFESSION

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# *How to Pray* FOR ONE HOUR

## Supplication

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- Appetites of the flesh (Ask God to help control the desires of the flesh.)
- Bills (Ask God for help and wisdom in getting out of debt.)
- Church (Ask God to bless the finances, building program, growth.) - Country and politicians
- Deacons
- Enemies
- Family (Pray for each by name and need.)
- Gospel preachers/missionaries
- Hospitalized
- Ill
- Job needs or situations for church members
- Knowledge (Ask God to teach you the Bible and how to pray.)
- Love (Ask God to help you to love people as He does.)
- Members (Use church roster.)



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## Supplication

- Nation (Pray for our President and leaders.)
- Opportunities (Ask God to allow you to see His opportunities for you to please or serve Him.)
- Power of God (Five things to claim the fullness of the Holy Spirit)
  - ASK for God's fullness! (Luke 11:13)
  - OBEY God in every area of your life! (Acts 5:32)
  - DIE to self!
  - THIRST for God's power! (Isaiah 44:3)
  - CLAIM GOD'S POWER BY FAITH! - Record the time:
- Quitters (Ask God to help people who have quit church or become severely backslidden to come back to Him.)
- Revival (Ask God for revival for yourself and to spill over into the church.)
- Staff
- Transfer (Transfer everything in your life to Him - money, family, problems.)
- Uniform
- Vow
- Wisdom
- Extra items
- Yieldedness
- Zealous to do right

CONFESSION

THANKSGIVING

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SUPPLICATION