



HOW TO

## ***SPEND 3 HOURS IN PRAYER***

Find a place you can be alone and free from distractions.

Bring your Bible, a notebook and pen, and worship music.

### **Thanksgiving**

Begin with thanksgiving. Psalm 100:4 tells us *“Enter His gates with thanksgiving and His courts with praise.”*

- Thank him for His patience and forgiveness
- Thank Him for the privilege of coming into His presence
- Thank Him for what He has done in and through your life in the past year.
- Take the time to list what God has done for you. Be specific. Think through every area of your life.

### **Confession**

Ask God to search your heart. Psalms 139:23,24

- Confess any sins the Holy Spirit reveals. Psalms 19:12
- Remember the certainty of forgiveness. 1 John 1:9
- Make certain you are walking and praying in the Spirit. Ephesians 5:15-20

### **Praise**

Become still before the Lord. Psalms 46:10

- Consider who the Lord is. Psalms 103
- Praise Him for His attributes. Psalms 145
- Rejoice in your fellowship with Him and that He delights in you. Proverbs 15:8
- Read passages of scripture and pray them back to God. Psalms 146 – 150
- Sing to the Lord.

## Intercession

Pray your way around the world with unhurried, detailed intercession for others. Ask God to reveal the world to you from His point of view as you read Psalms 33.

- Begin with your non-Christian friends, relatives, neighbours, and others the Lord puts on your heart.
- Pray that people who have never heard about Jesus would have an opportunity to hear and respond.
- Pray for those in authority – federal/national, provincial/state and municipal/county government leaders.
- Pray for Christians, using Paul's prayers in Philippians 1:9-11, Colossians 1:9-12, Ephesians 1:16-19.

*"By intercessory prayer we can hold off Satan from others' lives and give the Holy Ghost a chance with them. No wonder Jesus put such a tremendous emphasis on prayer!"-Oswald Chambers*

## Personal Life Evaluation

Ask for understanding as you read entire chapters or a book of the Bible.

- Record insights God gives you.
- Ask God what he thinks of your life. Wait. Listen for His answer.
- Evaluate the use of the time, talent, treasure, education and experience God has entrusted to you.

Are they glorifying to God? Do you need to change what you are doing?

- Discuss with the Lord your joys, your sorrows and decisions you are facing. Find promises and directives in the Bible which you can record.

*"The greatest answer to prayer is that I am brought into a perfect understanding with God, and that alters my view of actual things." – Oswald Chambers*

## Concluding Your Time With God

- Praise and thank God for the fellowship you had today.
- Schedule the next "Date with God" in your appointment book.
- Share with someone about your "Three hour prayer shift."