

THE HOUR THAT CHANGES THE WORLD

(Dick Eastman, 1978)

12 Points of Prayer Emphasis

- ▣ 1. Praise and Worship
- ▣ 2. Waiting on the Lord
- ▣ 3. Confession
- ▣ 4. Praying Scripture
- ▣ 5. Watching
- ▣ 6. Intercession
- ▣ 7. Petitions
- ▣ 8. Thanksgiving
- ▣ 9. Song
- ▣ 10. Meditation
- ▣ 11. Listening
- ▣ 12. Praise

Helpful Tools for This Time

- ▣ Have a bible handy
- ▣ Have something to take notes, especially for times when we are quiet before the Lord and listen for how he would have us pray. Also note themes that the Lord brings up consistently in the group. These notes will be useful now and as you pray for Valley View in the coming weeks.

Helpful Tools for This Time

- ▣ Pray out in short statements of 30 seconds or less so others have the opportunity to pray. Focus on the most important thing to pray out if you have many ideas or impressions.
- ▣ Feel free to speak often, to keep silent, or whatever else the Lord prompts in you.
- ▣ Times of silence are okay and don't necessarily need to be filled. A third of the prayer time is already structured to be silent.

Praise and Worship

- ▣ Through praise we acknowledge God for who He is, exalt Him with our words, our whole being and our attitude, in prayer.
- ▣ We praise Him for His Name, His Justice, Love, Holiness, Omnipotence, Greatness, Faithfulness, His Word, His Creation, His Redemption, etc.
- ▣ Speak out praises to the Lord for who he is. Bless his name and let a meditation or theme fill your heart.

Waiting on the Lord

- ▣ Waiting is an act of silent love or adoration of God. It is to worship God and to praise Him for who He is.
- ▣ During this period of silence we tune-in to God Himself. We direct our whole being to Him and commit ourselves to Him anew.
- ▣ You need not express your thoughts in words. Simply sit silently and concentrate on your relationship with God and your love for Him.

Confession

- ▣ This is a time of self-examination (introspection) and allowing the Holy Spirit to point out any un-confessed sin to you.
- ▣ Acknowledge your sin and sinfulness before the Lord during this period; confess your sin and turn my back on it; break with your sin and accept the Lords' forgiveness.
- ▣ Pray your confession silently if that is appropriate. Pray your confession out loud if that is appropriate.

Praying Scripture

- ▣ Read the selected passage.
- ▣ Ask yourself: "Lord what promises can I make my own; what commands must I obey, what warnings must I pay attention to?" Ask the Lord how to apply the passage to your life and in your prayer time.
- ▣ Pray aloud, only in a direction coming out of the passage. This is an act of reminding the Lord of His promises and writing the Word on our hearts.

Watching

- ▣ This is a time of spiritual perception (observation) to be spiritually aware of matters to pray for. It will lead to praying for the needs of others and some of your own needs.
- ▣ Ask The Holy Spirit to show you the plans, methods, strongholds, lies and strategies of the evil one. Focus on VVBC specifically.
- ▣ Silently write down things that come to mind or you sense from the Lord. We will use these notes to pray aloud in the next two sections.

Intercession

- ▣ In intercession we concentrate on the needs and distress of others - we stand in the gap for someone else.
- ▣ Spiritual warfare is an element of intercessory prayer. Speak authoritatively in Jesus' name to bind and loose.
- ▣ Pray aloud for the needs of others. Incorporate your notes from our time of "watching." Also pray as the Lord continues to direct now in individuals and the community.

Petition

- ▣ Petition is a time to pray for personal needs.
- ▣ During this period we pray for our "daily bread." We pray for spiritual strengthening for our lives and work as believers.
- ▣ Come with frankness and honesty to a Father who wants to meet our needs.
- ▣ Pray aloud for your personal needs. Incorporate your notes from our time of "watching." Also pray as the Lord continues to direct.

Thanksgiving

- ▣ Thanksgiving is to acknowledge your appreciation to the Lord for what He has done for you and others.
- ▣ During this period thank God for who He is, His gifts, His answers to your prayers, His care and provision, etc.
- ▣ Pray aloud with specific points of thanksgiving. Tell the Lord specific reasons why you are grateful.

Song

- ▣ Song is melodious worship.
- ▣ During this period one praises, worships, exalts and adores the Father in song.
- ▣ Remember song and spiritual warfare (our battle with the evil one) are inextricably linked to each other.
- ▣ You can sing your own (new) song to the Lord or make use of an existing song.

Meditation

- ▣ Meditation is to reflect upon or examine a matter more closely to evaluate it spiritually. During this period think about the being and the nature of God, his creation and great deeds.
- ▣ Revisit our scripture portion. Actively evaluate, search and ponder points that are personally significant. Ask what this means to you.
- ▣ Silently meditate on the passage and take notes on significant insights or questions. These will be valuable in ongoing prayer times.

Listening

- ▣ This is a time when you ask the Lord to reveal new things to you, things that He wants you to notice and pay attention to. Ask God to reveal His will, strategies and plans to you.
- ▣ You can ask the Lord specific questions about yourself, VVBC or anything else on your heart.
- ▣ Silently write down thoughts and impressions that come to you. Later test these through the Word and in community.

Worship

- ▣ Worship is to exalt God and say of Him: " I know who I am praying to and I Trust Him with my prayers."
- ▣ This is a period of jubilation before the Lord. Let your AMEN be strong at the end and confirm that you believe that God has heard you and will answer you.
- ▣ Speak or sing aloud and join with others in worshipping the Lord. Acts of obedience and offering are also a fitting part of this time.