

## Praying One Hour



12 "Points of Focus"  
Five Minutes Each  
in Prayer

Adapted by  
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*Matthew 26:40 ...What, could ye not watch with me one hour?*

### 1. Praise -

- Psa 63:3 thy lovingkindness
- Psa 100:4 gates -thanksgiving & courts - praise
- Mat 6:9 Hallowed
  - JEHOVAH-TSIDKENU: Lord-Our Righteousness - 2 Cor 5:21
  - JEHOVAH-M'KADDESH: Lord-Your Sanctifier - 1 Thes 4:3
  - JEHOVAH-SHALOM: Lord-Our Peace - Phil 4:7; Isa 26:3
  - JEHOVAH-SHAMMAH: Lord-Present One, "the Lord is there" - Heb 13:5 never leave thee,
  - JEHOVAH-ROPHE: Lord-Healer - Isa 53:5 are healed; 1 Pet 2:24 were healed.
  - JEHOVAH-JIREH: Lord-Provider, He in Whom is no lack - Phil 4:19
  - JEHOVAH-NISSI: Lord-My Banner, Conquerer, Victor -
  - JEHOVAH-ROHI: Lord-My Shepherd, Guardian, Guide Psa 23:1; Psa 23:4 thy rod - thy staff - comfort me.
- 1 John 5:4 born of God - overcometh the world - victory - our faith.
- John 16:33 me - peace - world - tribulation - be of good cheer - overcome the world
- 1 John 4:4 greater

### 2. Waiting -

- Psa 37:7 wait patiently; Isa 40:31; Lam 3:25 good..them that wait

### 3. Confession -

- Psa 139:23-24 23 Search me, O God - know my heart: try me, and know my thoughts: 24 And see if [there be any] wicked way in me, and lead me...
- Psa 51:10 Create - clean heart- renew a right spirit
- 1 John 1:9 If we confess - faithful and just to forgive - cleanse.
- Psa 66:18 If I regard iniquity in my heart, the Lord will not hear me:

#### **4. The Word (Reading) -**

- 2 Tim 3:16-17; Psa 19:7-8 The law/perfect.

#### **5. Intercession -**

- 1 Tim 2:1-2; 1 supplications, prayers, intercessions - for all men. v2 for kings - all - in authority.
- Mat 9:37-38. 37 harvest - plenteous - labourers - few. 38 Pray- send forth labourers.
- Rom 8:26 Spirit- helpeth - maketh intercession - with groanings.
- 1 Cor 14:14 For if I pray in an unknown tongue,
- Jude 1:20 ... praying in the Holy Ghost.

#### **6. Petition -**

- Mat 7:7 Ask - seek - knock.
- Mat 6:11 daily bread.
- James 4:2 have not - ask not.
- 1 Tim 2:2 For kings - all - in authority.

#### **7. The Word (Praying) -**

- Jer 23:29 my word like - a fire - like a hammer.
- Num 23:19 God/ not/man/ lie/repent.
- Mat 18:19 2/agree

#### **8. Thanksgiving -**

- Phil 4:6 by prayer- with thanksgiving let your requests be made known unto God.
- Psa 100:4 Enter into his gates with thanksgiving.
- Eph 5:20 Giving thanks always for all things

#### **9. Singing -**

- Psa 100:2 come before his presence with singing.
- Eph 5:19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;
- Psa 33:3 Sing unto him a new song; play skilfully with a loud noise.

#### **10. Meditation -**

- Josh 1:8 book of the law - not depart out of thy mouth - meditate therein day and night - way prosperous - good success.
- Psa 1:1-2 1 Blessed - walketh not - counsel - ungodly, nor standeth - way of sinners, nor sitteth - seat of the scornful. 2 delight - in the law of the LORD - his law - meditate day and night.
- Psa 77:12 meditate..talk of..doings.

#### **11. Listening -**

- Ecc 5:2 words/few.
- 1 Kings 19:11-12 still small voice.
- Jn 10:3,4,16,27

#### **12. Praise -**

- Mat 6:13 For thine is the kingdom, and the power, and the glory, for ever. Amen.
- Psa 100:4 gates - thanksgiving - courts - praise: be thankful - bless his name.
- Psa 150 (Whole Chapter)