

## **How to Pray for an Hour (adapted from 24/7 Prayer guideline)**

### **10 min – Approaching God**

- Prepare your heart for prayer
- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- Invite the Holy Spirit to fill you afresh, to guide and sustain you through this time of prayer
- Confess any known sins that come to mind
- Be still, quiet, and wait on God. Look up any Scripture passages that come to mind. Reflect on God's amazing love and forgiveness.

### **10 min -- Pray for God to end the COVID-19 pandemic**

- Cry out to God on behalf of all who are suffering around the world from this virus
  - For God to heal people of this virus
  - For God to intervene in households experiencing domestic violence
  - For God to turn hearts from placing faith in financial security to faith in Jesus

### **10 min -- Pray for Church and world leaders**

- Ask God to unite the Church by his Spirit through this difficult season ◦ Pray through Ephesians 4:1-6 and John 17:20-23
- Ask God to give Church leaders direction on how to best care for their people
- Ask God to inspire the Church to engage creatively in mission work
- Pray for God to give wisdom to government leaders around the world
  - Consider focusing on different nations, praying for their leaders by name

### **10 min -- Pray for the prosperity and revival of your city**

- Pray for the mayor of your city to lead with wisdom and be infused with God's truth and principles
- Pray for the citizens of your city to be united in working together to serve each other and keep people safe
- Pray for businesses who are thriving in this pandemic to have more generous hearts and to help those who are hurting most
- Pray for the vulnerable (seniors, people without a house, people with low income)
  - Ask God to provide for their needs
  - Ask God to mobilize people who can help the vulnerable, to make time in their schedules to bless others

### **10 min -- Pray for individuals in your life**

- If they don't know Jesus, pray that this pandemic would encourage them to seek God
- Pray for any broken or damaged relationships in your life to be restored
  - \*Be open to reaching out to people that you need to make amends with after this time of prayer
- Pray for greater love and harmony in your family, both immediate and extended

### **10 min -- Worship and praise God**

- Close by singing a worship song (Way Maker, Promises, etc.)
- Close by singing a hymn (Great is Thy Faithfulness, etc.)
- Close by reading and meditating on a Psalm (Psalm 23, Psalm 91, etc.)
- Close by writing a poem or song to God declaring his sovereignty and love in this time