

**Light the Flam  
Vineyard  
Intercession**

**How to Pray  
For an hour  
...and enjoy it.**

**...and give them joy in my house of prayer. Is. 56:7**

**TO PRAY AND TO STIR UP PRAYER IN THE CHURCH**

## Introduction

As we embark on the task of setting up a 24hour daily prayer watch two driving forces stand out:

1. Our desire to *minister* to the Lord, worship Him, and as David in the Psalms says: Ps. 141:2 May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice. (NIV)  
-so a continual offering of our prayers as a congregation to the Lord.
2. Our desire to see the power of God manifested, and the kingdom of God increase. After the disciples unsuccessfully try to cast out a demon they ask Jesus privately, “*Why couldn't we drive it out?*” 29 He replied, “*This kind can come out only by prayer.*” Mark 9:28,29 (NIV)

But this desire is often quenched as we say to ourselves, “How can I pray for an hour?” In talking with someone they articulated the following:

*“But no way do I feel competent with it. I enjoy praying... of course, getting to be with the Lord is wonderful, but I always feel like I'm doing it wrong or not long enough or deep enough or something.”*

So our cry is like that of the disciples in Luke 11:1-Lord, teach us to pray.

I have found that you can learn to pray for an hour and will share some helps that have encouraged me along the way. I've broken the hour up into 6 parts. We have used many of these as we have prayed daily at the Urban Training Center over the past year and a half. It's not necessary that every part is present every time we pray, but most of them are covered each time. Try them out, remember the goal is God, not a system, but a plan can be a very helpful starting point. We usually spend about 30 minutes preparing our hearts, and 30 minutes crying out before the Lord.

Here is the outline, and we will then go into depth on each one.

*Preparation-about 30 min*

1. Start with **Worship**
2. Feed from the **Word**
3. **Weep** before the Lord
4. **Wait** on the Lord

*Petitions-about 30 min*

5. **Wrestle** in Prayer
6. Understand Spiritual **Warfare**

**Compiled by Paul Haroutunian**  
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## 6 Helps on How to Pray for an Hour

### Part 1 Start with Worship (about 10 minutes)

*Ps. 27:4 ..to behold the beauty of the Lord (NASB)*

As I start to pray, my thoughts are often of myself or my problems-so I try to think of God and get a right perspective. I go over Scriptures, think of inspiring quotes, sing songs, and listen to worship music.

#### A) From the Scriptures

- Matt. 6:9, 10-Hallowed by your name

#### B) Practical

- As George Mueller says, “*Get your soul happy in the Lord first*”, “*I spend 90% of my time seeking God, and 10% asking him.*”
- *I never attempt to pray for anything before I first have been refreshed with joy in His presence.* Pastor Paul Cho, as quoted by Lars Enarson, in House of Prayer Tape 2

- Here is the secret of a life of prayer. Take time in the inner chamber to bow down and worship; and wait on Him until He unveils Himself, and takes possession of you, and goes out with you to show how a man can live and walk in abiding fellowship with an unseen Lord. Andrew Murray, *The Prayer Life*, p43, as quoted by Dick Eastman, *The Hour that changes the world.*

- Use the Psalms or other Scriptures

- Use Worship music

*Jesus! I am resting, resting  
In the joy of what Thou are;  
I am finding out the greatness  
Of Thy loving heart.*

*Thou has bid me gaze upon Thee,  
And Thy beauty fills my soul,  
For, by Thy transforming power,  
Thou has made me whole.*

Jean Sophia Pigott

*Oh Lord, You're beautiful,  
Your face is all I seek,  
And when your eyes are on this  
Child,*

*Your grace abounds to me.*

Keith Green © 1980 Birdwing/  
Cherry Lane Music Publishing

- Meditate on the greatness of God, the glories of Christ

### C) A Prayer

- Prayer attributed to St. Patrick (389-461)  
Celtic monk and evangelist of Ireland

*Christ, be with me, Christ before me,  
Christ behind me,  
Christ in me, Christ beneath me,  
Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of every one who  
Thinks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord,  
Salvation is of the Christ,  
May your salvation, O Lord,  
Be ever with us.*

from *The Communion of the Saints, Prayers of the Famous*, Edited  
by Horton Davies, Eerdmans, p17

### **Part 2 Feed from the Word (about 10 minutes)**

*(Matt. 4:4-man shall not live by bread alone.)*

Almost every time I start to pray my soul is empty, and I don't feel like praying—  
Bonhoeffer and Luther have some words of wisdom here.

“The most promising method of prayer is to allow oneself to be guided by the word of the  
Scriptures, to pray on the basis of a word of Scripture. In this way we shall not become the  
victims of our own emptiness.”

*Dietrich Bonhoeffer*

“With practice one can take the Ten Commandments on one day, a psalm or chapter of Holy  
Scripture the next day, and use them as flint and steel to kindle a flame in the heart.”

*Martin Luther*

### **A) From the Scriptures**

- Acts 2:42, 47-devoted to Apostles teaching and prayer
- Acts 6:4, 7-devote ourselves to the word and prayer

## B) Practical

- Use the Navigator bible reading plan
- Praying Scripture-using passages as a springboard. What can we pray from Col. 4:2-4 or Mark 4?
- How to Pray for the Lost by *Eddie Smith, Coordinator, The U.S. PRAYER TRACK, AD2000 & Beyond Movement/Mission America*

This is a guide to praying for the lost based on Scripture and personal experience. When you pray, include the name of the person (or city) for which you are praying.

1. "Heavenly Father, I know you created \_\_\_\_\_ for your pleasure. I pray you will save him/her for your own glory." (Rev. 4:11, 1Cor. 10:31)
2. "Father I ask you to draw \_\_\_\_\_ to Jesus and His salvation by your Holy Spirit." (John 6:44, 12:32)
3. "Lord, I pray you will convict \_\_\_\_\_ of sin and the need for a personal Savior." (Romans 3:23, 6:23)
4. "Father in heaven, I pray \_\_\_\_\_ will come to experience, through salvation, all that Jesus died to give them as a new creature in Christ." (2Cor. 5:17, Heb. 12:2)
5. "As a child of God, in Jesus' name and on the authority of His Blood, Satan I break your bondage in \_\_\_\_\_'s life, I claim their deliverance from the power of darkness into Christ's Kingdom of Light." (Rev. 12:11, Eph. 2:3, 2Cor. 4:4)
6. "Heavenly Father, I pray you would put a 'hedge' about \_\_\_\_\_'s life so that they will not find satisfaction or peace apart from knowing Christ." (Hosea 2:6-7)
7. "Christ Jesus, you wee made sin for \_\_\_\_\_ and bore their sins in your own body on the cross. I pray that \_\_\_\_\_ will experience salvation and receive your righteousness." (2Cor. 5:17)
8. "Lord I pray that the gospel will be revealed to \_\_\_\_\_ and that they will hear and believe in their heart and confess Jesus Christ as Lord unto salvation." (Rom. 10:9-17)
9. "Heavenly Father, I pray you will use me as salt and light, in \_\_\_\_\_'s life, that they will see my good works, (my testimony of Christ) and commit themselves to you." (Matthew 5:13-16)
10. "As a child of the Living God, in Jesus', name and on the authority of His blood, I stand against the satanic strongholds in \_\_\_\_\_'s life. I cast down any thought that would come against their coming to know Christ." (2Cor. 10:3-4)

### **C) A Prayer**

- The closing prayer of Mike Bickle from the Life of the Warrior Tape Series  
*“For Lord, surely, God draws near to those who draw near to Him. (James 4:8) Surely, we reap in the Spirit what we sow to the Spirit. (Gal. 6:8) Surely, O God, you will act on behalf of those that wait. (Is. 64:4) Surely, O God, those that behold you, O Lord God, they will be transformed in their inward man. (2Cor. 3:18) Surely, we have not simply because we don’t ask in a persevering way. (Luke 11:5-13, Luke 18:1-8) I ask you to strengthen when they wait, strengthen them when they wait (Is. 40:31), and cause them to know the absolute commitment you have to strengthen in due time. In the name of Jesus. Amen.”*

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Praying scripture adds power and confidence. Notice Mike’s example.

<b>Part 3 Weep—Humble yourself (about 5 minutes)</b>
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*Ps. 51:17 the sacrifices of God are a broken spirit (NASB)*

Humility is a starting point for much of what God does in and through us, and anything that produces humility is a good thing. I have found that frequent examination of my motives is helpful.

### **A) From the Scriptures**

- *Luke 5:8 When Simon Peter saw this, he fell at Jesus’ knees and said, “Go away from me, Lord; I am a sinful man!”*

### **B) Practical**

- Continually search yourself and your heart-I sue the 7 Deadly Sins as a personal checklist.
  1. Pride
  2. Anger
  3. Lust
  4. Envy
  5. Slothfulness
  6. Gluttony
  7. Greed

- Test for self-examination.

These are the 22 questions the members of John Wesley's Holy Club asked themselves each day in their private devotions over 200 years ago.

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work, or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the bible live in me today?
8. Do I give it time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else of my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscious is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy, or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
20. Is there anyone whom I fear, dislike, criticize, hold resentment toward or disregard? If so, what am I doing about it?
21. Do I grumble or complain constantly?
22. Is Christ real to me?

### **C) A Prayer**

*“Father God, we come before Your throne to humble ourselves, to pray, to seek Your face, and to turn from our wicked ways.*

*We have sinned against You, O Lord. We have disobeyed Your clear commands, and we have not loved You with all of our heart, our soul, our mind, and our strength. We have not loved our neighbors as ourselves. Forgive us, we pray, O God, and heal our land.*

*Father God, send a spirit of repentance and let it sweep across this nation. Let the purging fire of revival begin in my heart and in Your Church. Let it spread to every community, every town, and every city in America and around the world.*

*Let the bad roots that produce the bad fruits be burned out of our lives and establish righteousness, we pray in Jesus's name.*

*Father, we ask that godly leaders will be raised up and elected to public office at every level, and that ungodly leaders will either improve or be removed. May Satan's hold on government be broken and righteous rule be established.*

*May Your Kingdom come and Your will be done on earth as in heaven.*

*These things we persistently pray in the name of Jesus. Amen.*

(from the PrayUSA! Steering Committee)

#### **Part 4 Wait-Learn to Listen for the Father's voice (5 minutes)**

*Jn. 5:19 he (the son) can do only what he sees his Father doing. (NIV).*

God speaks in a still small voice, and that means we often have to remind ourselves to quiet ourselves to listen.

##### **A) From the Scriptures**

- John 16:13-15

*John 16:13 But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. 14 He will bring glory to me by taking from what is mine and making it know to you. 15 All that belongs to the Father is mine. That is why I said the Spirit will take from what is mine and make it known to you. (NIV)*

- *“What was the secret of Jesus's work? ...He prayerfully waited for his Father's instructions and for the strength to follow them. Jesus had no divinely-drawn blueprint; he discerned his Father's will day by day in a life of prayer. Charles Hummel, Tyranny of the Urgent*

##### **B) Practical**

- *“Prayer reminds us of our constant need for God and reassures us of His presence with us. In prayer we don't tell God what to do; we find out what He wants us to do.” David Hubbard as quoted in Prayer Powerpoints, p135, Randall Roth.*
- Soak yourself in the Scriptures

##### **C) A Prayer**

*“Speak Lord your servant listens” 1Sam. 3:10 (NASB)*

#### **Part 5 Wrestling in Prayer (about 30 minutes)**

*Col. 4:12 Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured. (NIV)*

After having prepared our hearts, I now ask of the Lord. I often like speaking my prayers out loud, some like to journal them. I bring before the Lord our leaders, prayer requests I have received from the church, burdens on my heart and my individual ministry.

Throughout this time I will often have worship music playing in the background, or will worship to keep things moving.

##### **A) From the Scriptures**

- Luke 18:1 What is **Prayer**?

*We must either be praying or fainting (Luke 18:1) –there is no other alternative. The purpose of all faith is to bring us into direct, personal, vital touch with God. True prayer is an awareness of our helpless need and an acknowledgment of divine adequacy.*

Ray Stedman in Jesus Teaches on Prayer

- Matt. 9:35-38 **Intercession**

*Intercession means to come to God on behalf of someone else, a person, family, church, city, country, crisis, etc., praying until God's will is done.*

Lars Enarson in School of Prayer

**B) Practical**

*Man and God working together: Our responsibility to pray From Mike Bickle*

Things matter according to what we do or don't do. ...it is an issue of man. That's a startling word for many people. Because people have a God, that is so Sovereign, that has everything so ordered without man, but that's not a true gospel. *Listen carefully, Revival will not come to this city if people don't pray, it will not come until people pray, and it will come proportionally when man prays*, because God has already spoken from heaven. ...If I opt out in God, there are blessings that will not be released to people. If I press in to God, there will be a greater blessing that I will release, .....Because he is a God who works together with man. ...Tape #30423, *Understanding Intercession, Grace Ministries*

**C) A Prayer**

- *“Let my heart be broken with the things that break the heart of God.”*

Bob Pierce, World Vision

*Brethren, my heart's desire and my prayer to God for them is for their salvation.  
(Rom. 10:1, NASB).*

<b>Part 6 Spiritual Warfare (incorporate in the previous section)</b>
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*Eph. 6:12 “for your struggle is not against flesh and blood” (NASB)*

This isn't so much of a section as an attitude that needs to maintain in our praying.

**A) From the Scriptures**

- 2Cor. 10:3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. (NIV)

## Daily Prayers

1. Be the cross of Christ always between me and the evil powers; Be the cross of Christ always between me and all ill-will and mishap; Be the cross of Christ always between me and everything dark and shameful; Be the cross of Christ always between me and all that hurts or harms my soul.
2. Lord, descend anew and always to renew and remake me. Cause my face to be alight with Your presence; may all the virtues of Your presence find a home in me.
3. Cleanse me, oh Lord, from all fog, flurry and fuss, that clear-eyed I may see Your way.
4. Lord Jesus Christ, son of God, have mercy on me, a sinner.
5. In praying for the conversation of the English people, and in praying for the renewal of the English Church – Lord, send the power of the Holy Spirit for Christ's sake.
6. Save, oh Lord, and have mercy upon those that envy and affront me and do mischief; and let them not perish through me, a sinner.
7. My God, in His true love, shall be my champion. O Thou, who lovest me, set love in order in my life.

Prayer through the week

- Sunday:** Praise God for and meditate on the *Resurrection*  
Intercede for the *Church*
- Monday:** Praise God for and meditate on the *Holy Spirit*  
Intercede for the *Nation/the World*
- Tuesday:** Praise God for his *Fatherhood*  
Intercede for the *Young* and the *old*
- Wednesday:** Praise God for the *Kingship* of Christ  
Intercede for the *Sick* and the *Needy*
- Thursday:** Praise God for the *Ascension, Last Supper* and  
*Gethsemane*  
Intercede for *Unity* in the Church
- Friday:** Praise God for *Christ's Passion and Crucifixion*  
Intercede for *Local* and *Overseas Mission*
- Saturday:** Praise God for the *Incarnation* and *Christ's Glory in His*  
*People*  
Intercede for *Family* and *Friends*

*Previous two pages from the St. Michael-le-Belfrey prayer Guide*

## Why Pray?

You can do more than pray  
Once you have prayed,  
But you cannot do more than pray  
Until you have prayed.

—*John Bunyan*

VINEYARD

CHRISTIAN CHURCH OF EVANSTON