

Guidelines for Extended Individual Prayer Time Alone With God

- ☞ *What you will need: A good night's rest! Your Bible, hymnal and/or praise songs. A quiet place where you can be alone to think and pray with God unhindered by any distractions. Personal journal or notes from recent Bible studies, sermons etc. Paper & pen to write down thoughts from the Lord, and any distracting thoughts that may come to mind (to deal with later so you can focus on God exclusively during this time).*
- ☞ *Divide your time into three parts as listed below. If you finish early or don't get it all in, don't feel guilty—it's just a guide. The purpose is fellowship with God. Try to spend significant time in Parts A and C (remembering that Part B is where we typically tend to focus our prayers). As you go along, take time to write down the things God impresses on you or any thoughts/verses He makes stand out.*

A. WAIT ON THE LORD: Take time to...

1. **Realize His presence.** Meditate on Psalm 27 and/or 139.
2. **Worship Him.** See Psalms 145-150. Enter into His presence by praising Him in word and song. Sing (or read aloud the words of) hymns/praise songs you know.
3. **Be cleansed by Him.** Meditate on Psalm 32, 51, or 103. Ask God to search your heart for unconfessed sin that might hinder fellowship with Him now (Psalm 139:23-24).

B. PRAY FOR OTHERS

1. **Ask specific things** for people that God brings to mind right now: Think of family, friends, unbelievers, struggling believers, the church, missionaries, spiritual and secular leaders, marriages, those who are hurting/grieving, etc.
2. **Pray the prayers of Scripture** for them like those recorded by Paul (*Rom 15:13; Eph 1:17-19, 3:16-19; Php 1:6,9-11; Col 1:9-12; 1 Thess 3:12-13; 2 Th 1:11-12*).
3. Pray for others some of the **same things you pray for yourself** (fruit of the Spirit, assurance of salvation, godly virtues, mortification of sin, live/speak the gospel).
4. Always pray for people with **eternity in mind** (genuine salvation, spiritual transformation and fruitfulness, God's glory, etc.).

C. PRAY FOR YOURSELF

1. Review and **pray over the things that God has taught you** or revealed to you in the past few weeks or months (sermons, Bible studies, devotional journal or notes, retreats/conferences, tapes, books, etc.)
 - a. Ask the Spirit to actively bring one or two things especially to mind now.
 - b. Ask God to make very clear the things He would have you apply or change in your life, and how.
2. Pray about your **relationships** at school, home, work, church, community, etc.
3. Give God all the **pressures and burdens** you have been struggling with. Be sure to talk over with Him every aspect of your concerns (1 Pet 5:7).
4. Talk with God about **goals, priorities, new resolutions, key decisions, upcoming significant events**, etc.