

20 MINUTES OF GUIDED PRAYER

1 Minute of Praise and Thanksgiving

Begin by announcing your praise to God and thanking him for his goodness.

¹ Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. ² Praise him for his acts of power; praise him for his surpassing greatness. ⁶ Let everything that has breath praise the LORD. Praise the LORD. Psalm 150:1,2,6 (NIV)

2 Minutes of Listening

Ask God to speak and spend time quieting your mind and heart.

My sheep listen to my voice; I know them, and they follow me. John 10:27 (NIV)

4 Minutes of Confession

While listening for God's voice our own thoughts may accuse us, or the Holy Spirit may bring to mind sinful actions or attitudes. Confess these to the Lord, and remember his loving kindness shown toward us in Jesus' death.

If we confess our sin, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 (NIV)

6 Minutes – Petition

Present your needs to God, asking him to care for you in the most basic elements of life, as well as the most significant and overwhelming experiences in life. Remember that he knows what we need before we ask (Matthew 6:8).

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6 (NIV)

4 Minutes of Intercession

Intercession is to pray on behalf of others, presenting their needs to God in prayer.

I urge, then first of all, that petitions, prayers and intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 1 Timothy 2:1-2 (NIV)

2 Minutes of Listening

As you move to close your time of prayer, don't fill every space with words or reading. Slow your mind and heart to listen for his voice, allowing him to speak.

1 Minute of Celebration

Finish your time of prayer celebrating that God has heard your prayer, not because you are righteous, but because Jesus has made a way for us to approach God's throne without guilt or shame.

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:14-16 (NIV)