

***The ability to hear what God is saying, to see what God is doing, and to move in the realm of the miraculous comes as an individual develops the same intimacy with and dependence upon the Father. How did Jesus do what He did? The answer is found in His relationship with the Father. How will we do the "greater works than these" which Jesus promised? By discovering the same relationship of intimacy, simplicity and obedience - John Wimber***

Thank you for joining us in 40 Hours of Prayer – we know that you will be greatly blessed from this time.

We all desire to know God more, to grow in our knowledge and love for Him and to be able to serve Him more effectively. Without prayer this is impossible. Prayer is the place where we not only communicate our heart to God, but where He communicates His heart to us and this is what transforms us and our world, and then empowers us to bring change to others.

The Bible promises us that as we draw near to Him, He WILL draw near to us (James 4). We trust that this booklet will give you some ideas of how to get started and equip you with what you need to have an effective and rewarding prayer life. There are ten sections to this book, if you were to spend just six minutes on each area you will have prayed for an hour! I would also encourage you to use your spiritual language throughout this time.

It is our prayer for you over these 40 Hours that more than answered prayer, you will encounter afresh the One who answers the cry of our heart. May you experience His presence in an increased measure.

Every blessing  
Aimée Walker

40 Hours Co-ordinator

*This booklet was compiled using Dick Eastman's "The Hour that changes the World", Paul Haroutunian's "Helps to praying for an Hour" and Stormie Omartian's "The Power of Praying Together."*

## **Praise and Worship - an expression of admiration and devotion to God**

*Ps 115:1 Not to us, O LORD, not to us but to your name be the glory, because of your love and faithfulness.*

- Start by acknowledging God as your heavenly Father, speak it out, *“Lord, I come before You today and thank You that You are my heavenly Father.”* This establishes your relationship with God in clear terms, and reminds us that we have confidence to approach Him because He is our Father.
- Worship God for who He is: the One who created you – for His unfailing Word – for your salvation – that you are included in His purposes.
- Acknowledge God for who He is, exalt God with your words, your whole being and with your attitude in prayer.
- Worship Him for His Name, His perfection, love, holiness, greatness, faithfulness, strength, grace, His Word, His Creation, His work of redemption, etc. It may help practically to choose a name or an attribute and focus on that - *“Lord I thank You that You are Almighty God. You are stronger and more powerful than anything I face or any enemy that opposes me. I worship You today for your .... / I am grateful that You are ....”* Ask yourself, what has God been to me lately, what do I need Him to be to me today? Do you need Him to be your Deliverer, your Healer, your Hiding Place, are you looking to Him for wisdom, strength, joy, peace – whatever you need thank Him that He is that and is able to release that in your life.
- You may find it useful to declare aloud a passage of scripture as an act of worship – *for example Ps 103, 1 Chronicles 16, Ps 96* or to utilise worship music.

**Thanksgiving - a time to acknowledge our appreciation to the Lord for His care and protection and for who He is.**

*1 Thess. 5:18. Give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

- Think about the day and thank God for His care and provision for you and for others.
- Thank the Lord for new things He has done and will still do, spiritual, material, physical and social. It is a good idea to go back to the previous day and remember something specific that you can be thankful for – keep your praise current so that you are not always living on the basis of historic things.
- Thank the Lord for who He is His gifts, answers to prayer and for all His blessings.

I encourage you to be very specific in your thanksgiving – it will remind you of how faithful God is and how He lovingly cares for You.

**Waiting on the Lord - an act of surrender to, and of love and admiration for God, (often wordless worship)**

*Ps. 46:11 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

- This is a time of silence before God. Close your journal, your Bible, turn off the music, just allow yourself to be still and listen. God is always speaking to His children, but sometimes we need to train our ears to hear Him.
- During this period of silence we tune in to God Himself and direct our whole being to Him and commit ourselves to Him anew. We rejoice in and over His presence.
- We make sure at this point that we are in contact with God. This time of waiting on the Lord cannot be hurried; there is no place for impatience and haste during this time. This is a time of deep personal and intimate communication between God and ourselves.
- During this time you think of nothing but God the Father, His Son Jesus your Redeemer, and the Holy Spirit. You may need to consciously push away thoughts about work, your day, your relationships etc.

## Confession of sin – allowing God to cleanse me as His Temple

*Isaiah 59: 1-2 Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.*

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

- This is the time to confess my sins by name, admit that I am wrong and turn from my sins and accept God's forgiveness.
- This is where I ask God to cleanse me of any form of pride and lack of love.
- This is a time of introspection and allowing the Holy Spirit to reveal all unconfessed sins - *Lord, search me and know my heart. Try me and know my anxieties. See if there is any wicked way in me, and lead me in the way everlasting.*” (Ps 139:23-24)
- When you have finished confessing, thank God that He has removed your sin from you, that He has been faithful to purify you.
- It is important in a time of confession to understand the difference between conviction and condemnation – *“Conviction will always drive you to the Lord while condemnation will drive you from Him. If you feel condemned, know it is the adversary and turn to the Lord.”* (Jack Hayford) Do not walk away from this time under condemnation – the purpose of confession is to bring the darkness into the light and to allow God to heal and transform you.
- You may wish to take communion as a reminder of the cleansing work Jesus did for us on the cross, and that He said “It is finished.” We are now seen by God through the lense of the cross, not as sinners but as His redeemed children. *Hebrews 10: 1-22*

## **Praying Scripture - to feed myself spiritually and to pray according to God's agenda and revelation.**

- This is Word-enriched prayer – The Word is our prayer manual.
- It is to pray God's promises to Him. God's promises in the Word create faith in our hearts.
- We must remind the Lord of His promises in the Word day and night. As we read the Word we must ask the Lord how to apply it in our lives and in our prayer time.
- When we pray scripture it keeps us on track and we know that we are asking according to His will.

An example of praying scripture:

*One thing I do: Forgetting what is behind and straining to what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Phil 3: 13- 14*

Your prayer might look like this:

Father today I choose to forget the past. I choose specifically to let go of ..... and to press on and lay hold of all that You have in store for me. Thank you for the dreams and visions You have planted in me. I will press forward, I will lay hold of them. I will keep heaven in my heart, I will remember that You have created me for eternity.

For a topical guide to praying scripture, Joyce Meyer's 'Secret Power of speaking God's Word' is available in the prayer room.

**Intercession** - to pray for others, to concentrate on the needs and distress of other people, to stand in the gap for someone else.

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

- To pray for God's purpose in the lives of others. To stand between God and other people and pray for their needs – to ask for mercy and grace.
- It is a spiritual position before God – to remain standing until you have the assurance that God heard and release you of the burden to pray for this issue.
- It is God's method of getting His children involved in His plan for the world. When you intercede you stand at God's side and you work with Him for the salvation or benefit of someone else.
- "*Spiritual warfare*" may be included in your time of prayer. Pray and ask the Lord to show you through the working of the Holy Spirit where the powers of evil is at work. On the authority that you have in Christ and in the Name of Jesus bind the evil forces, break their strongholds and resist them. Resist the devil; don't give him a hold in your life. Jesus conquered the evil one on the cross. We, the believers, must proclaim this victory on all spheres of life. This aspect of spiritual warfare will also be part of the prayer periods of watching, petition and personal prayer.
- If you're not sure of who to pray for start with your family members and close friends. Mention them each by name and bring the things you know they are doing before God. If praying for salvation you may like to use the guide at the end of this booklet.
- Remember when interceding not to be focused or overwhelmed by what we can see in the earthly (what we see and hear physically) or

spiritual realms (angelic & demonic). We must focus on and partner with God's perspective, what heaven has to say about a given situation and this will always bring life and hope to a situation.

### **Petition for your personal needs.**

*Matthew 6:11 Give us today our daily bread. Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

*1 Chronicles 4:10 Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.*

- To pray for my "daily bread."
- To bring my own distress, emotions, crisis situations, needs and desires before God.
- Be specific.
- As believers we may come to the Father and pray for our personal needs and we can pray expectantly ever for the smallest things.
- When bringing our needs before God, we must always remember how much He loves us, His heart and purposes for us – this will give us confidence with what we ask.



**Meditation - to reflect upon or examine a matter more closely and to evaluate it spiritually.**

*Psalm 1:1-2 Blessed is the man who does not walk in the counsel of the wicked ..... But his delight is in the law of the LORD, and on his law he meditates day and night. Joshua 1:8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

- Think about the Being and nature of the Triune God, His creation and great deeds and His character.
- Take a specific theme from Scripture and meditate on it.(righteousness, love, truth, light, peace, holiness, etc)
- Take a portion of Scripture and meditate on it.
- Make God the main focus of your meditation; His works, His Word, His character.
- In what way is Christian meditation different from Eastern meditation? In Eastern Meditation the focus is on a passive state of mind and the aim is to "empty" your mind. To the Christian meditation is an active process of evaluating, investigating,enquiry) and pondering, involving your whole mind and being, while allowing the Holy Spirit and Scriptures to lead you. Christian meditation is to ponder in a disciplined way. Beware that Satan does not plant his thoughts in your mind. Also beware of negative thoughts during this time. Consider everything that is true, pure, noble, right, beautiful and praiseworthy. When you meditate on a certain portion of Scripture you must ask yourself among other things, what this portion means to you.

**Listening - a period in which you receive instruction from the Lord and ask Him to reveal to you the things that He wants you to notice and pay attention to.**

*Eccl. 5:2 Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.*

- It is to listen to the inner voice of the Holy Spirit.
- During this period you ask; "Lord, what do You expect me to do? What is Your will for me for today?"
- To receive and ask for guidance from the Word of God.
- To deliberately ask God to reveal His will and strategies or plans to you.
- In waiting on the Lord the emphasis is on loving God. During meditation we want to learn more from God. During the period of listening we want to hear what God wants to say to us.
- You can ask the Lord specific questions, perhaps some difficult questions that you do not have the answers to. Be sensitive to the Holy Spirit.
- Be careful not to say immediately: "The Lord said this and that to me."

**Worship is to exalt and glorify God. To tell Him that you know who He is and to whom you are praying and that you trust Him with your supplications.**

*Matthew 6:13 "...For yours is the kingdom and the power and the glory forever. Amen." (NKJV)*

- Take some time to worship, to declare who you know God to be in Your life and circumstances. You could use music, song, dance, words, silence, take communion as you choose to glorify God in these last moments.
- Let your Amen be strong at the end and confirm thus that you believe that God has heard you and will answer you. Amen means: it is true and sure, so shall it be.
- This is the final spiritual act of putting God on the throne of your life.
- This is where you declare: Yours is the kingdom and the power and the glory forever. Amen

## Guide to praying for the lost

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 were 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)