In his book, *The Hour That Changes the World*, Dick Eastman suggests that one divide an hour into 12 periods of 5 minutes each, during which you focus on one form of prayer. After 5 minutes, move on to the next form of prayer.

**One Hour of Prayer**

1. Praise and Worship
2. Waiting on the Lord
3. Confession
4. Praying Scripture
5. Watching
6. Petitions
7. Intercession
8. Thanksgiving
9. Song
10. Meditation
11. Listening
12. Praise
1. **Praise and Worship**
   Praise and worship is an expression of admiration and devotion to God. Worship God for who He is, for His unfailing Word, for your salvation, and for His creation. Exalt Him with your words, your whole being, and with your attitude in prayer.

2. **Waiting on the Lord**
   Waiting on the Lord is an act of surrender to, and of love and admiration for God, and is often wordless worship. During your silence before God, tune into God Himself and direct your whole being to Him and commit yourself to Him anew. During this time, do not express your thoughts in words, simply concentrate on God the Father, His Son Jesus your Redeemer, and the Holy Spirit.

3. **Confession**
   Confession of sin and humiliation is an act of admitting your sinfulness to God and of cleansing you as the Temple of God, allowing you entrance into His presence. This is a time of introspection and allowing the Holy Spirit to reveal all unconfessed sins. Don’t ask God to change your circumstances, but to change you and forgive you.

4. **Praying Scripture**
   Praying Scripture is to feed you spiritually and to pray according to God’s agenda and revelation. The Word is our prayer manual, so pray God’s promises to Him, creating faith in your heart. Ask God what promises you can claim and how you can apply His Word in your own life and prayer time.

5. **Watching**
   Watching is a time of spiritual observation (perception), to be on the look out, to be spiritually aware of matters to pray for. Ask God for insight, discernment, wisdom, to know on what to focus, and what your priorities should be. Ask the Lord what is on His heart and on His agenda. Also be wary and alert for the possible onslaughts of the devil, and ask God to show you the plans and strongholds of the evil one.

6. **Petitions**
   To petition is to pray for your personal needs, your “daily bread.” Bring your own distress, emotions, crisis situations, needs, and desires before God. Come to God in total dependence and humility and ask Him to provide in all your needs, big and small.
7. Intercession
Intercession is to pray for others, to concentrate on the needs and distress of other people, to stand in the gap for someone else. When you intercede you stand at God’s side and you work with Him for the salvation or benefit of someone else, and you remain standing until you have the assurance that God heard you and releases you of the burden to pray for the issue.

8. Thanksgiving
Thanksgiving is a time to acknowledge our appreciation to the Lord for His care and protection and for who He is. Thank God for His care and provision for you and others. Thank Him for new things He has done and continues to do, spiritual, material, physical, and social. Thank the Lord for who He is, His gifts, answers to prayer, and for all His blessings. And in all of your thanksgiving, be specific.

9. Song
Song is a melodious praise and worship. This is to express admiration, worship, and glorification to God through song. This can also be a battle cry against the powers of darkness. Use existing songs or sing your own new songs by taking parts of Scripture and changing it into songs.

10. Meditation
Meditation means to reflect upon or examine a matter more closely and to evaluate it spiritually. Think about the Being and nature of the Triune God, His creation and great deeds, and His character. Make God the main focus of your meditation: His words, His Word, His character.

11. Listening
Listening is a period in which you receive instruction from the Lord and ask Him to reveal to you the things He wants you to notice and pay attention to. As, “Lord, what do you expect me to do? What is Your will for me today?” Listen to the inner voice of the Holy Spirit and ask God to reveal His will and strategies or plans to you.

12. Praise
Praise is to exalt and glorify God, to tell Him that you know whom He is and to whom you are praying, and that you trust Him with your supplications. Let your Amen be strong at the end and confirm thus that you believe God has heard you and will answer you. Amen means: it is true and sure, so shall it be.