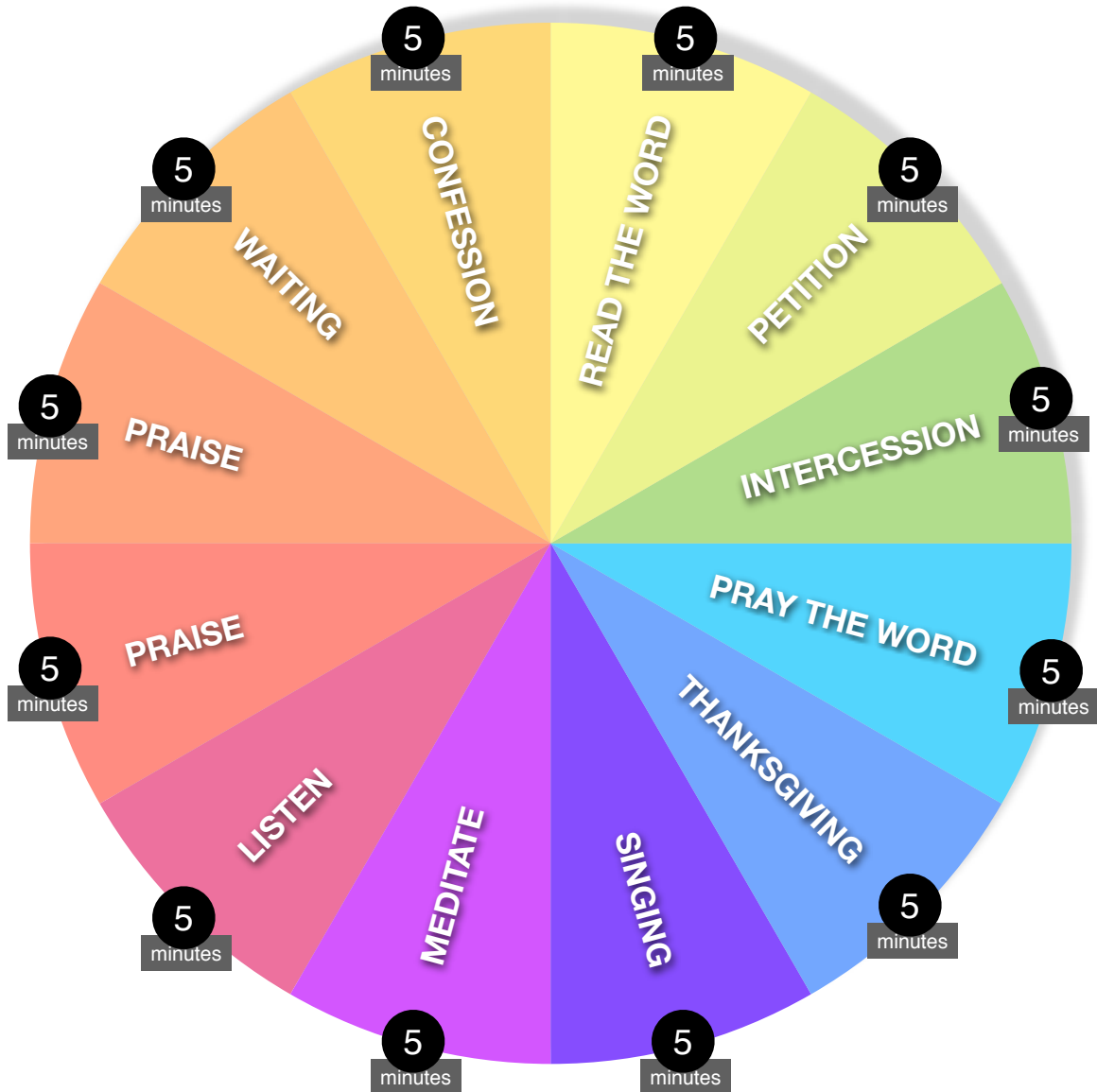


Spend an hour with God? It's easier than you think. Break it up into 5 minute blocks and focus on the following during each 5 minute segment:



PRAYER WHEEL

1. PRAISE

Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. (Psalm 34:1)

2. WAITING

Spend this time waiting on the Lord. Let Him pull together reflections for you. Think about the hour before you and the things you want the Lord to do in your life. (Psalm 27:14)

3. CONFESSION

Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord and claim 1 John 1:9 so that you might be cleansed for the remainder of the hour before you, and then pick up and read the Word. (Psalm 51:1-19)

4. READ THE WORD

Spend time reading promises of God in the Psalms, in the prophets, and passages on prayer located in the New Testament. Check your concordance. (Psalm 119:97)

5. PETITION

This is general request for others, praying through the prayer list, the prayer cards, or personal prayer interest on behalf of yourself and others. (Hebrews 4:16)

6. INTERCESSION

Specific prayer on the behalf of others. Pray specifically for those requests of which you are aware. (Romans 15:30-33)

7. PRAY THE WORD

Now take the Scriptures and start praying the Scriptures as certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)

8. THANKSGIVING

Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, things on behalf of your family. (Philippians 4:6)

9. SINGING

Take your hymnal and sing a prayer song, sing a praise song, sing a song regarding soul winning or witnessing. Let it be a time of praise. (Psalm 59:17)

10. MEDITATE

Ask the Lord to speak back to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life. (Psalm 63)

11. LISTEN

Spend time merging the things you have read from the Word, the things you have prayed, the things you have thanked the Lord for, the things that you have been singing, and see how the Lord brings them all together to speak to you. (1 Samuel 3:9-10)

12. END WITH PRAISE

Praise the Lord for the time you have had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He raised up in your mind. (Psalm 145:1-13)



Meta Camp

BOOT CAMP. BASE CAMP. TRAINING CAMP.

MODULE 1

PARTICIPANT'S GUIDE

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curtis.sergeant@metacamp.org