

A One Day Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there, and when we are we are in a hurry to get on to some other busy plans. It takes time to develop an intimate relationship with God. There are no shortcuts. Try setting aside a one day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it necessary to do an overnight stay so I am relaxed to start the day.

8:30 am – FOCUS ON GOD

9:00 am – Be Still (1)

9:30 am – *Journal to God about this day*

10:00 am – Be Worshipful (2)

10:30 am – *Walk and enjoy God's beauty*

11:00 am – Be Thankful (3)

11:30 am – *Smile, count blessings, study nature*

12:00 pm – Lunch

12:30 pm FOCUS ON SELF

1:00 pm – Confession (4)

1:30 pm – *Walk & listen to sermon tape/music, etc*

2:00 pm – Cover Yourself in Armor (5)

2:30 pm – *Read, meditate, memorize*

3:00 pm – Cast all Cares on Him (6)

3:30 pm – *Nap time / read / sleep / listen*

4:00 pm – SCHEDULE PRAYER!

Don't leave the place of prayer without arranging with your Heavenly Father another time of extended prayer.

4:30 pm – Return home rejoicing!

Prayer Activities

Think & Plan

Dream God's Visions
Plan Goals
Plan Yearly Calendar
Write Sermon/Lessons
Write Thoughts/Ideas
Journal to God
Evaluate Your Life
Evaluate Your Ministry
Make Family Plans
Do a Word Study

Rest

Take a Holy Nap
Go for a Walk
Sing to the Lord
Worship with Tapes
Converse With a Friend
Play an Instrument

Read and Study



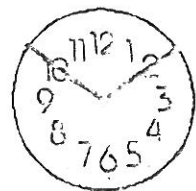
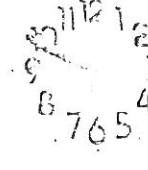
Read Scriptures
Read on Leadership
Read on Prayer
Read Prayers of the Bible
Listen to Scripture
Listen to a Sermon
Study the Promises
Memorize Promises
Meditate on the Cross
Meditate on Creation
Meditate on Promises

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying and enjoying God.

How To Pray for An Hour

I am often asked by people what I do during my extended times of prayer, and specifically, how do I organize my hours of prayer?

- Top of the hour - 10 minutes of personal preps, worship, sing, give thanks. Scripture, etc
- 10 minutes after to 40 after is intensive intercession time - follow the schedule for variety
- Bottom of the hour 10 minutes is break time to read, walk, get a snack, drink, etc or even spend some quiet moments chatting with a friend. Keep your conversation on spiritual things.
- Find your rhythm. This is not a law, but a suggestion. Find what works for you. Be flexible.

	<p><u>Top of Every Hour</u> At the top of every hour we begin a new step of intercession. This keeps us focused and moving along in our intercessory prayer time. Prayer discipline begins with "time." Jesus asked his disciples, "<i>Could you not watch one hour?</i>"</p>
	<p><u>First 10 minutes</u> The first 10 minutes are preparatory so we use the first 3 steps of stillness, worship, and thanksgiving. Make this a regular pattern in your prayer life whenever you pray. "<i>Enter His gates with thanksgiving, and into His courts with praise, be thankful and bless His name.</i>"</p>
	<p><u>40 Minutes of Intercession</u> Each hour is composed of a solid 40 minutes of intercession on the step at hand. If you find trouble staying focused then use some prayer actions to keep attentive. Change your position often, journal to God, pray some out loud, pray Scripture, etc.</p>
	<p><u>Last Ten Minutes</u> The last 10 minutes of every hour is time for a break. You are only human and need to break your routine to keep from weariness. Take a bathroom break, a coffee or juice break. If you are on a retreat with others use this time to chat with a friend about what God is teaching you about prayer.</p>