

The Hour That Changes the World

“And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak” (Matthew 26:40-41).



1. **Praise and Worship** is an expression of admiration and devotion to God.

"Not to us, O LORD, not to us but to your name be the glory, because of your love and faithfulness." (Psalm 115:1)

Worship God for who He is: the One who created you – for His unfailing Word – for your salvation – that you are included in His purpose...

2. **Waiting on the Lord** is an act of surrender to, and of love and admiration for God.

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

This is a time of silence before God where I spiritually close the door to any influence from the world and enter into His presence.

3. **Confession** of sin and humiliation is an act of admitting my sinfulness to God and of cleansing me as the Temple of God, allowing me entrance into His presence.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

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.

4. **Praying the Scripture** is to feed myself spiritually and to pray according to God's agenda and revelation.

"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us." (1 John 5:14)

This is Word-enriched prayer – the Word is our prayer manual.

5. **Watching** is a time of spiritual observation (perception), to be on the look-out, to be spiritually aware of matters to pray for.

"Devote yourselves to prayer, being watchful and thankful." (Colossians 4:2)

A time to be especially wary and alert for the possible onslaughts of the devil.

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

"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone." (1 Timothy 2:1)

To pray for God's purpose in the lives of others.

7. **Petition** for your personal needs.

"Be ye anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." (Philippians 4:6)

To bring my own distress, emotions, crisis situations, needs and desires before God.

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

"In everything give thanks, for this is the will of God concerning you." (1 Thessalonians 5:18)

Think about the day and thank God for His care and provision for you and for others.

9. **Song** is melodious praise and worship.

"Worship the LORD with gladness; come before Him with joyful songs." (Psalm 100:2)

This is an act of worship and praise to God with spiritual songs.

10. Meditation means to reflect upon or examine a matter more closely and to evaluate it spiritually.

"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." (Psalm 1:1-2)

Make God the main focus of your meditation; His works, His Word, His character.

11. Listening is 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.

"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." (Ecclesiastes 5:2)

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.

12. Worship is to exalt and glorify God.

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

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.