

## HOW TO SPEND A DAY IN PRAYER

Seek a place of solitude, preferable somewhere away from your daily routines. A room in a church building, at a retreat center or camp, a motel, or a park can be ideal. Consider fasting for part or all of the time. Do not fear the silence and solitude, from biblical times these have been the friends of people seeking God.

Divide the time into four parts:

1. Focus your attention on the Lord
  1. To realize His presence.
  2. To worship Him.
  3. You might want to begin with some of the psalms, or songs.
2. Pray for others
  1. Ask specific things for them.
  2. Use Biblical prayers for others (such as Ephesians 3:14-19).
  3. Ask for others what you are praying for yourself.
3. Pray for Yourself
  1. Try a “worry list” and a “do list” (See suggestions below)
  2. Pray about your plans and dreams.
4. Read the Word and Reflect upon it

### A CHECKLIST FOR A DAY OF PRAYER

1. Essential
  - a. A Bible—perhaps the one you read regularly.
  - b. A Journal, notebook or paper for taking notes.
  - c. Pens or pencils.
  - d. A clock or watch.
2. Other things you may find helpful
  - a. Your current prayer list.
  - b. Comfortable clothing.
  - c. A bag lunch and beverage.
  - d. Prayer letters from missionaries and Christian workers.
  - e. A devotional book such as:
    - i. Power through Prayer by E.M. Bounds
    - ii. With Christ in the School of Prayer by Andrew Murray
    - iii. Jesus, Hero of Thy Soul by Jim McGuigan
    - iv. The Singer by Calvin Miller
    - v. others of your choice.
3. Optional
  - a. A schedule book and calendar of the months ahead.
  - b. A hymn or songbook.
  - c. Notes from your last day in prayer.
  - d. Your mission statement, values and/or list of objectives and goals.
  - e. Family or personal budget
  - f. Facts about a decision you are making.
  - g. Sweater or coat in cooler weather.
  - h. Chair or cushion

### HOW TO STAY AWAKE AND ALERT

1. Get adequate rest the two nights before your day of prayer.
2. Change positions-sit a while, walk around, sit, walk, and so on.
3. Have a variety in what you do. Read the Scripture a while, pray a while, plan or organize a while, etc.
4. Pray aloud. Sometimes thinking aloud also helps.