



# **The Hour That Changes the World**

**A Prayer Guide**

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"Level Up: Principles for Interpreting Scripture" developed by Dustin George ([www.dustincgeorge.com](http://www.dustincgeorge.com)).

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# Meditation

You may understand the goal of mediation to be the emptying of your mind and to be passive as you seek to achieve an inner peace. However, the Biblical (and correct) understanding of mediation is an active process of evaluating, investigating, and pondering the things of God. It involves your whole mind and being, while you allow God the Holy Spirit to lead you. Christian mediation is to ponder God and the things of God in a disciplined way. As you meditate on Scripture, you are seeking the truth of God's Word and what it means, as well as how it applies to you. A helpful reminder is this: Scripture can never mean, what it never meant.

Be careful of negative thoughts that may enter your mind. Consider everything and weigh it against God's Word. We are to "take every thought captive to obey Christ" (2 Corinthians 10.5) and we are to dwell on those things that are true, honorable, just, pure, lovely, commendable, morally excellent, and praiseworthy (Philippians 4.8).

*Rejoice always, pray constantly,  
give thanks in everything; for this  
God's will for you in Christ Jesus.*

*-1 Thessalonians 5.16-18*

## The Hour That Changes The World

Dividing an hour into 12 blocks of 5 minutes each is an easy way practice the spiritual discipline of prayer. You can shorten the blocks as needed. So, for instance, if you shorten the blocks to 2 ½ minutes, you will spend 30 minutes in prayer instead of 60..

On the next page, you will find the 12 blocks listed, with explanations of each throughout this booklet.

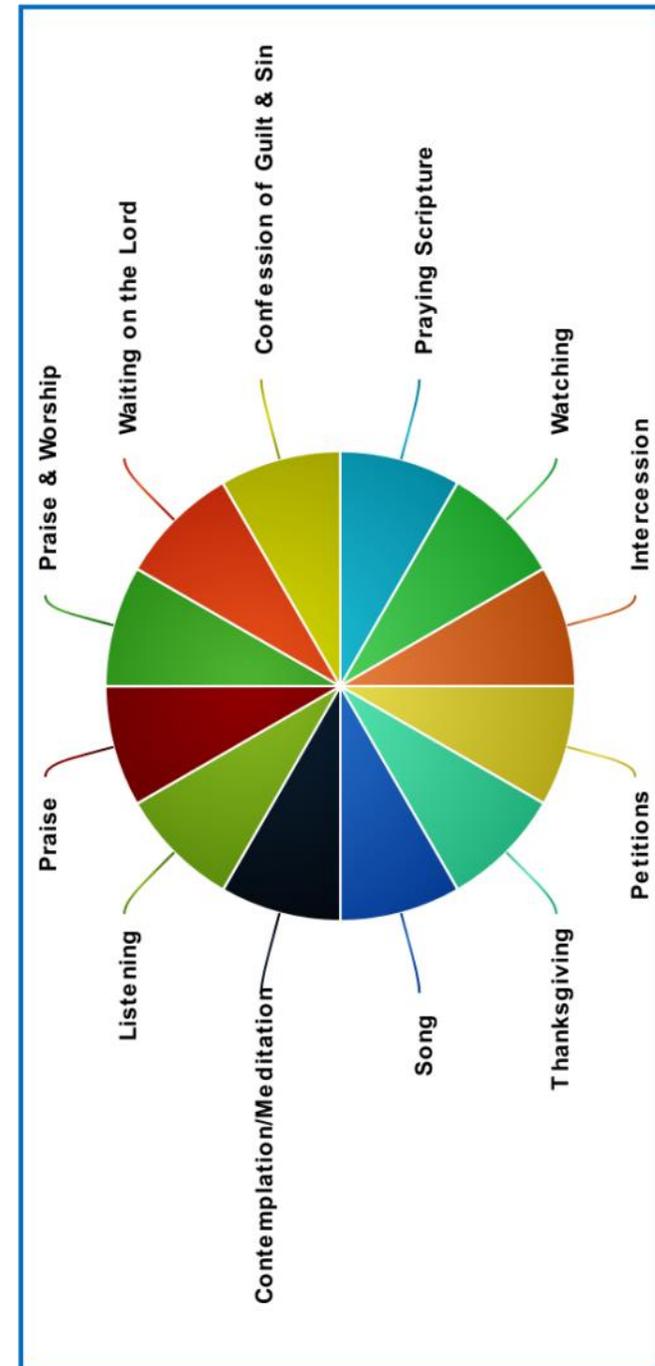
## Spiritual Warfare

*Spiritual Warfare* may be included in your time of prayer. Pray and ask the Lord to show you through the working of God the Holy Spirit where the powers of evil are at work. In submission to Christ and in his power, be alert (1 Peter 5.8) and “resist the devil” (James 4.7). Jesus is all-victorious, and we can proclaim victory in all areas of our life.

# Level Up: Principles for Interpreting Scripture

When interpreting Scripture, remember these four principles:

1. Context, context, context.
2. Scripture interprets Scripture; Scripture never contradicts Scripture.
3. The text can never mean what it never meant.  
(There is one meaning, but multiple applications.)
4. Always "Level Up."
  - Lowest Level: God's work at the individual, family, and/or local level.
  - Middle Level: God's work among his people corporately.
  - Highest Level: God's work in all creation throughout all of time.



## Praise & Worship

*Not to us, LORD, not us, but to your name give glory because of your faithful love, because of your truth.*

–Psalm 115.1

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This is a time to express our admiration of and devotion to the Triune God.

Worship God for who is: Creator, Truth, Salvation, the Giver of Purpose.

God is the one who created you; His word is unfailing; He is the one who saves; He gives your life purpose.

This is a time to:

Exalt (to lift up) and honor God.

Acknowledge God for who he is and to exalt him with your words, attitude, and whole body in prayer.

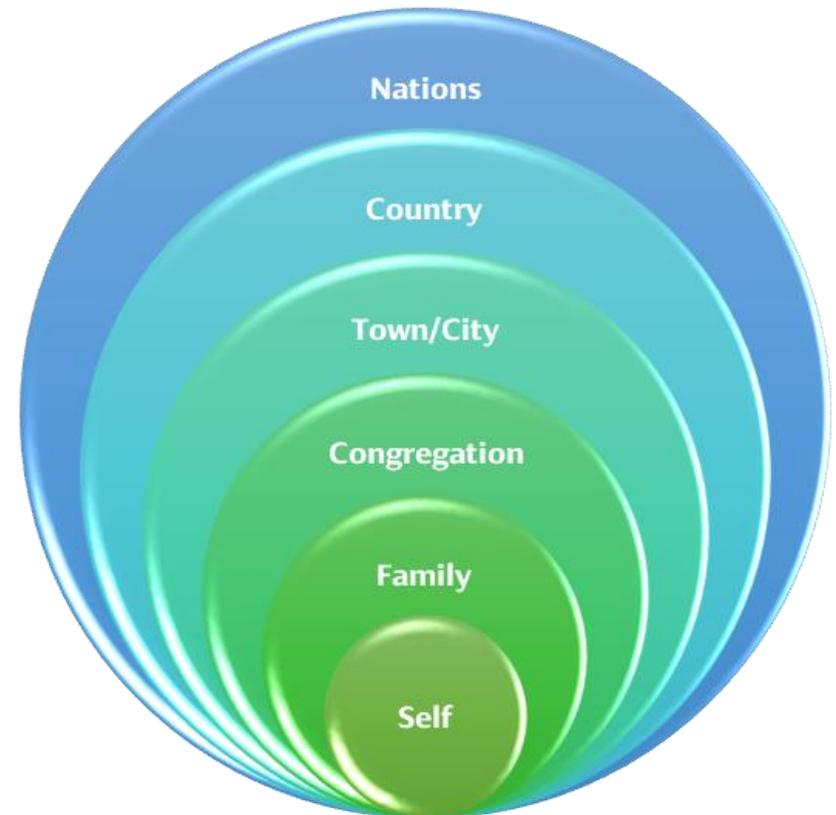
Worship him for his name, righteousness, love, holiness, omnipotence (all-powerful), greatness, faithfulness, omnipresence (ever-present), Word, creation, work of redemption, etc.

During this time, ponder and meditate on who God is and consider how his character impacts your life today and the lives of others.

For instance, because God is the creator of all people, all people have level of worth because they bear the image of God. Therefore, we should be careful in how we treat others. There is no place for racism, hatred, etc. in the life of the believer.

## Level Up: Areas of Prayer

The diagram below will help you focus your prayers. It can be a useful tool during the prayer periods of waiting, intercession, listening, and thanksgiving.



# Waiting on the Lord

*Stop fighting, and know that I am God, exalted among the nations, exalted on the earth.*

–Psalm 46.10

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This is a time of love, admiration, and surrender to God—which is often silent worship.

You spiritually close the door to any influence from the world and enter into his presence by an act of faith.

While you wait on God, you focus your mind's attention and heart's affection on who God is and all that he has done.

You commit yourself to him anew and rejoice in and over his presence.

During this time of deep, personal, and intimate communication with God, remember that you are limited and finite and are entering into the presence of the one who is limitless and infinite.

Be patient—do not rush this time; focus only on God the Father, God the Son, and God the Holy Spirit.

Be still and quiet and wait upon the Lord.

## Some Helpful Tips & Thoughts

## Confession of Guilt & Sin

*Indeed, the LORD's arm is not too weak to save, and his ear is not too deaf to hear. (2) But your iniquities are separating you from your God, and your sins have hidden his face from you so that he does not listen.*

–Isaiah 59.1-2

*If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.* –1 John 1.9

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Confess your sins by name and admit your wrong to God. Ask for his forgiveness, receive it, and then thank him for his forgiveness.

Ask God the Holy Spirit to reveal any unconfessed, unrepentant sin to you and allow God to cleanse you from any form of pride and lack of love.

When confessing sin, you don't ask God to change your circumstances, but rather to change you and to forgive you.

Remember, our salvation has been bought by the precious blood of Jesus and it is by his wounds we are healed (Isaiah 53.5; 1 Peter 2.24). Thank God for his salvation.

## Worship

*He is before all things, and by him all things hold together.* –Colossians 1.17

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During this final portion, you exalt and glorify God. Tell him that you know who he is and that he is the object of your worship. Trust him with your all your prayers.

Let your “Amen” be strong at the end and let it be a sign that you believe that God has heard you and will answer you in due time.

*Amen* means “so be it.”

This block is the final spiritual act of putting God on the throne of your heart and is where you declare that *yours in the kingdom and the power and the glory forever. Amen* (Matthew 6.13b, NKJV)

## Listening

*Do not be hasty to speak, and do not be impulsive to make a speech before God. God is in heaven and you are on earth, so let your words be few.*

–Ecclesiastes 5.2

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This period is the time when you listen for instruction from the Lord and ask him to reveal to you the things He wants you to notice and pay attention to.

Be careful to listen for the voice of God the Holy Spirit. You can ask the Lord what he expects you do and what his purpose for you is for today.

Ask for and receive guidance from God's word and take the time to ask God to reveal to you his will, strategies, and plans.

In waiting for God, we love God. In meditation, we desire to know more of God. In listening for God, we seek to hear from God himself and what he would want to say to us.

You can ask the Lord specific questions—even difficult questions.

Be sensitive to God the Holy Spirit.

Be careful to not immediately say: "The Lord said this and that to me."

## Praying Scripture

*The instruction of the LORD is perfect, renewing one's life; the testimony of the LORD is trustworthy, making the inexperienced wise.*

–Psalm 19.7

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This is the time to feed on God's Word and to pray according to God's agenda and revelation.

The Word of God is our prayer manual.

As we pray God's promises, our faith is strengthened.

We approach God's Word understanding that it is totally true and trustworthy and that it is to be believed and obeyed.

Ask God what promises you can claim, what commands you must obey, and what warnings you need to pay attention to.

Remind the Lord of his promises in the Word day and night and ask the Lord how to apply his truth to your life and prayer time.

## Watching

*Devote yourselves to prayer; stay alert in it with thanksgiving. –Colossians 4.2*

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This is the time to be wary (showing caution about possible dangers or problems) and alert for the possible onslaughts of the Devil. Pray and ask God the Holy Spirit to show you the plans, methods, strongholds, and strategies of the evil one.

Be alert to any prompting from God and be mindful of anything the Lord might say.

Remember, God will never say anything to you that will contradict his Word.

Ask God for insight, discernment, wisdom, and the knowledge of what to focus on and what your priorities should be.

Ask God to help you understand his will and obey his leading for today.

Ask God what is on his heart and agenda.

Consider the news of the day. What are some things you could pray for? Think about things like economic problems, political unrest, wars, etc. As God brings these things to your mind, lift them up to him in prayer.

## Meditation

*How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers! (2) Instead, his delight is in the LORD's instruction, and he meditates on it day and night. –Psalm 1.1-2*

*This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.*

–Joshua 1.8

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

Think about the being and nature of Triune God, his creation, his great deeds, and his character.

Consider a specific theme from scripture (righteousness, love, truth, light, peace, holiness, etc.) and meditate on it.

Take a passage of Scripture and meditate on it (EX: Romans 12.1-2).

Be sure that God is the main focus of your meditation.

## Song

*Let the whole earth shout triumphantly to the Lord! (2) Serve the Lord with gladness; come before him with joyful songs. (3) Acknowledge that the Lord is God. He made us, and we are his—his people, the sheep of his pasture. (4) Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name. (5) For the Lord is good, and his faithful love endures forever; his faithfulness, through all generations.*

–Psalm 100

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This time is an act of worship and praise to God with spiritual songs. This might be a battle cry against the powers of darkness. Song and spiritual warfare (our battle against the evil one) are deeply connected to one another.

You can use existing songs or sing a new song. You can start by taking parts of Scripture and changing it into songs.

This is to express admiration, worship, and glorification to God through song.

Need ideas? Check out *Sovereign Grace Music* on YouTube.

## Intercession

*First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, (2) for kings and all those in authority, so that we may lead a tranquil and quiet life in all godliness and dignity.*

–1 Timothy 2.1-2

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Use this time to pray for others and to concentrate on the needs and distresses of other people—to stand in the gap for someone else.

Pray for God’s purpose in the lives of other people—your friends, family, co-workers, acquaintances.

Ask God for mercy and grace for other people as you lift up their needs—both physical and spiritual.

During intercession, you are standing before God and praying for others and their needs. You should continue to pray for that person or need until God has released you of the burden to pray for that need or individual and has given you assurance that he has heard you.

Prayer is God’s chosen method of getting his children involved in his plan for the world. When you pray for another person or situation, you are joining in with God and his work.

## Petition

*Give us today our daily bread.* –Matthew 6.11

*Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.* –Philippians 4.6

*Jabez called out the God of Israel, "If only you would bless me, extend my boarder, let your hand be with me, and keep me from harm, so that I will not experience pain." And God granted his request.* –1 Chronicles 4.10

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You pray for your personal needs and concerns during this time (be careful to watch out for selfish motives).

Come to God in total dependence on him and, in humility, you ask God to work on your behalf. You come as his child and servant and you lay down your distress, emotions, crisis situations, needs, and desires before him.

Don't demand of God, but rather lay your requests before him and let him be God.

Pray in faith and trust; always be specific.

As believers, we can come to God the Father and pray for our personal needs—however small. You can pray expectantly over the smallest things.

## Thanksgiving

*Give thanks in everything; for this is God's will for you in Christ Jesus.* –1 Thessalonians 5.18

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Take this time to acknowledge your appreciation to the Lord.

Think about the day and thank God for his care and provision for you and others, as well as his gifts and his answers to prayer.

Thank God for the new things he has done and is yet to do (spiritual, physical, social, etc.)

Be specific in your thanksgiving.