

How to Pray Effectively an Hour a Day

Based on the Lord's Prayer in Matthew 6:5-15

1. Our Father, who is in heaven (approaching God)

Hebrews 10:19 "Therefore, brothers, we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰ by a new and living way that He has opened for us through the veil, that is to say, His flesh, ²¹ and since we have a High Priest over the house of God, ²² let us draw near with a true heart in full assurance of faith, having our hearts sprinkled to cleanse them from an evil conscience, and our bodies washed with pure water."

- a. Picture the cross and thank God we are his children by the blood of Jesus
- b. Acknowledge you are coming through Jesus' name and blood to approach the father
- c. Understand you are of the seed of Abraham, a child of blood covenant.

Faith confession: By the blood of Jesus I am justified, sanctified as holy, and the righteousness of God in Christ Jesus. Therefore, satan has nothing in me, over me, no claim to my life, no access or power toward me, and no accusation can stand against me. I am a son/daughter of Abraham, a child of blood covenant, and the oath and blessings given to Abraham are my inheritance and at work in my life.

2. hallowed be Your name (the incense of worship)

Psalms 141:1 "LORD, I cry unto You; make haste to me; give ear to my voice, when I cry unto You. ² Let my prayer be set forth before You as incense, and the lifting up of my hands as the evening sacrifice."

- a. hallowing God's name is the opposite of using it in vain
 - b. This is a time to worship in spirit and truth
 - c. understanding God's nature and promises revealed in his names
- **Sin:** Jehovah Tzidkenu "our righteousness" Jehovah M'kaddesh "our sanctification"
 - **Presence:** Jehovah Shalom "our peace" Jehovah Shammah "His Presence with us"
 - **Health:** Jehovah Rophe "our healer"
 - **Prosperity:** Jehovah Jireh "the one who sees the need and provides"
 - **Protection:** Jehovah Nissi "our banner" Jehovah Rohi "our shepherd"

3. **Your kingdom come; Your will be done on earth, as it is in heaven**

(intercession: praying in tongues)

1 Samuel 12:23 “Moreover as for me, God forbid that I should sin against the LORD in ceasing to pray for you. But I will teach you the good and the right way.”

- a. Watchmen
- b. Your family (spouse, children, extended family)
- c. Your church (Pastor, leaders, faithfulness in people, and harvest)
- d. Nation (city, state, nation, spiritual leaders, harvest)

4. **Give us each day our daily bread**

Philippians 4:19 “But my God shall supply your every need according to His riches in glory by Christ Jesus.”

- a. Be in the will of God in all things including church attendance, giving, and being a witness
- b. Believe it is God’s will to prosper you
- c. Be specific in presenting your needs
- d. Be tenacious

5. **And forgive us our sins, for we also forgive everyone who is indebted to us**

Mark 11:25 “And when you stand praying, forgive if you have anything against anyone, so that your Father who is in heaven may also forgive you your sins. ²⁶ But if you do not forgive, neither will your Father who is in heaven forgive your sins.”

- a. Choose to forgive everyone that has wronged you
- b. Use the 10 Commandments and ask God’s forgiveness in your personal life
- c. Ask God for the grace to walk in forgiveness and love

6. **And lead us not into temptation, but deliver us from evil**

- a. Ask for God’s grace to live a holy righteous life before him
- b. Put on the full armor of God: Ephesians 6:10-19
 - i. The belt of truth
 - ii. Breastplate of righteousness
 - iii. Shoes of peace
 - iv. Shield of faith
 - v. Helmet of salvation
 - vi. Sword of the Spirit (God’s Word)
 - vii. Praying in the Spirit always

- c. Pray for a hedge of protection around you and your family and all you own. Be around us as a wall of fire and a glory in our midst Zechariah 2:5
 - d. Memorize and say out loud Psalm 91 over your family
7. **For Yours is the kingdom and the power and the glory forever. Amen.**
- a. Make faith declarations and thank God for hearing and answering prayers
 - b. Finish with praise and thanksgiving

Inspired by the teachings of Dr. Paul Yonggi Cho and Dr. Larry Lea