**How to pray for 1 hour per day**

**FIRST 10 MINUTES** **"Our Father which art in heaven Hallowed be thy name"**

Honour and Glory and praise

His name Jehovah Nissi - Our banner

Jehovah Tsidkenu - Our Righteousness

Jehovah Jireh - Our provider

Jehovah Shalom - Our peace

Jehovah Rapha - Our healer

Jehovah Shammah - Is there (present)

Jehovah R'oi - Our shepherd

**NEXT 10 MINUTES** **"Thy Kingdom Come, Thy will be Done"**

In my own life

In my family

In my church

In my City-State-Nation

**NEXT 10 MINUTES** **"Give Us this Day Our Daily Bread"**

Thank God for His provision.

Your needs are met - Needs of family/church/nation.

Know it is God's will for you to prosper. Psalm 1, Joshua 1, Phill 4:19

**NEXT 10 MINUTES** **"And Forgive Us Our Debts As We Forgive Our Debtors"**

Ask God to forgive you. 1 John 1:19

Pray for and forgive those who sin against you. Matt 5:44

**NEXT 10 MINUTES** **"And Lead Us Not Into Temptation But Deliver Us From Evil."**

Put on the whole armour of God. Eph 6:13-18

Submit to God -resist the devil and he will flee from you. James 4:7

Recognize God is not tempting you. James 1:13-14

**LAST 10 MINUTES** **"For Thine Is The Kingdom And The Power And The Glory Forever."**

Praise God for his love - His goodness to you.

Praise Him for His mercy, praise Him for His grace.

Bless Him and worship Him

(1 John 5:14 NRSV) And this is the boldness we have in him, that if we ask anything according to his will, he hears us.

(1 John 5:15 NRSV) And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.