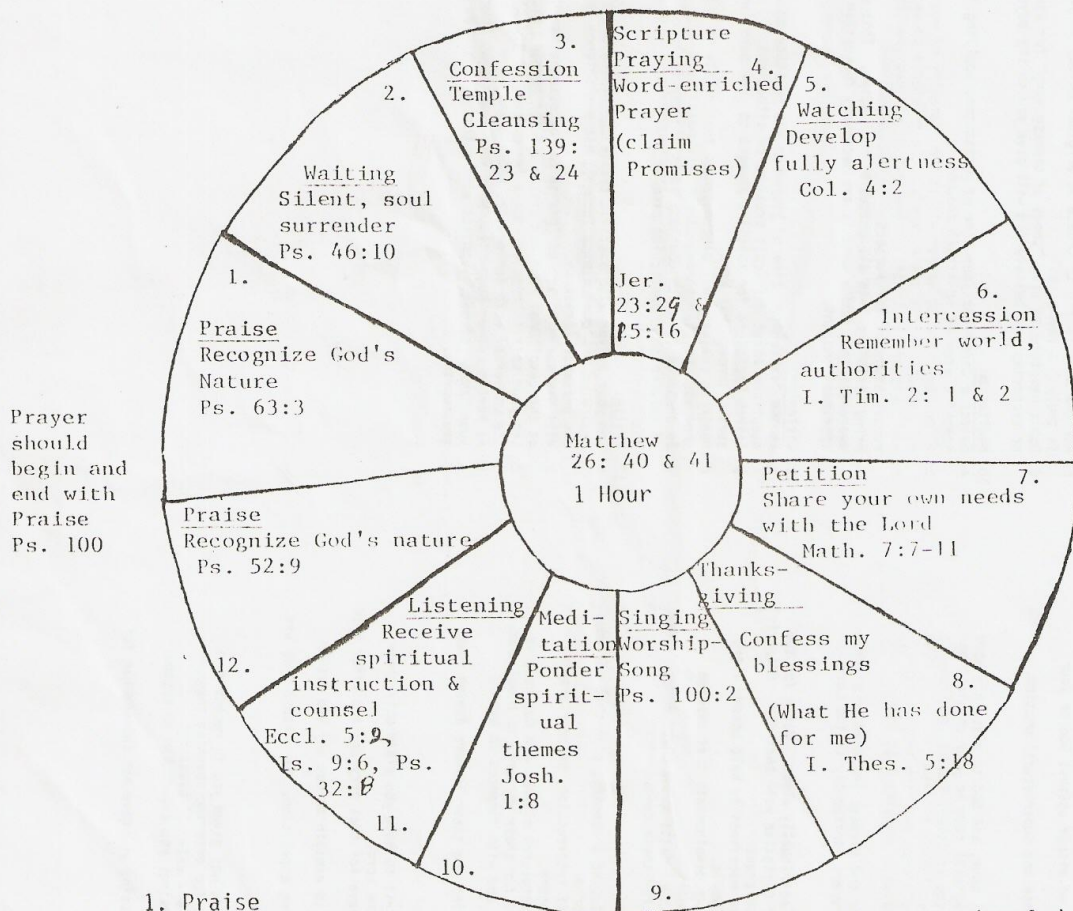


HOW TO SPEND AN HOUR IN PRAYER;
 12 - 5 minute intervals
 (Vary this however you feel comfortable)



1. Praise
 - a. Sanctify, or set aside, a period of time specifically to praise God at the beginning of your prayer.
 - b. Select a specific theme for praise, such as God's righteousness, His Word, or His creative acts.
 - c. Drawing on your selected theme, declare vocally all that God is.
 - d. Expand your theme as much as possible. Allow God to reveal new themes for worship as your time of praise develops.
2. Waiting
 - a. After your moments of praise, bring your mind and spirit into a time of complete silence to the world.
 - b. Think no thoughts but thoughts of God the Father, His Son Jesus, or the Holy Spirit.
 - c. If words are to be voiced, let them be quiet whispering like, "I love you, Lord," or, "I long for your presence, O God."
 - d. Concentrate full attention on the "love" aspect of God's nature in these minutes of silence.