

ONE HOUR

PRAYER & DEVOTION

Our desire behind One Hour is that we would intentionally set an hour a week aside to pray together, at the same time during this time of need, challenge, and adjustment. This is not meant to be complicated, but a time of prayer, worship, and devotion. If you cannot commit to one hour, do not feel guilty. I would encourage you to set whatever time you are able to make. In the end, the most important thing is that you commit to prayer.

Our posture in prayer is one of humility. Before we transition to requests, the Apostle Paul encourages us to adore God, give thanks to him in Christ, confess our sin, and then submit our requests and supplication (Philippians 4:6).

Since we are all home, more and more people, through the fruit of the church, are beginning to ask more about Jesus. Whether it is because they are afraid or confused, we want to pray for them to know and love Jesus.

We encourage you to call out to Jesus during this time because we believe in a God who hears the prayers of his sons and daughters. To begin, let us quiet our hearts and prepare our minds for worship through prayer.

Let us begin by approaching the throne of grace in confidence:

ADORATION | Psalm 103:8-13

The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

Adoration begins with us recognizing who God is, His character, and His attributes.

CONFESSION | 1 John 1:9; Psalm 51:16-17

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

When you confess your sin before God, be specific about your sin. In sorrow and grief, we want the light of Christ to do a work in us. In confession, we want to come to a place where we recognize that grace is our only hope.

THANKSGIVING | Colossians 3:15-16

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

After confessing, it is in thanksgiving that we worship God for what He has done for us. Namely, that He has redeemed in Christ, we are reconciled to the Father, we are filled with the Spirit, and a new creation. We are forgiven, humbled, and thankful.

SUPPLICATION | Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

In supplication, as our hearts are humbled and aligned to His will, submit your requests before God. This is where you get to freely ask your heavenly Father requests or simply come before Him and lay all of your feelings on the table.

CLOSING | Hebrews 4:14-16

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

As you close this portion of our time and before you move on to the next section, do not rush to finish. Sit and settle in the silence for a moment.

PRAYER | FOR THE CHURCH

Lord, you are a God of comfort. We pray for those who are struggling in our church family at this time. We pray that you draw near to them and that your comfort becomes tangible and your presence would be evident.

There are many who are afraid, concerned, or who are simply trying to make sense of this season as they adjust to home life and work responsibilities. We pray that you would give them peace, wisdom, and discernment. We pray that their trust in your Holy Spirit would increase because you are trustworthy.

We pray for our church leadership: our pastor, staff, group leaders, and those who are serving in the life of our church. We pray for those who are feeling the effects of isolation and loneliness and that you would draw near to them today and encourage them through your Word.

PAUSE. WAIT. BE STILL.

Pray for people in our church by name.

PRAYER | FOR THE CITY

Lord, we know that nothing is outside of your control, and in your sovereignty you have appointed leadership over us and our care. We pray that you would empower municipal and county leadership to pursue wisdom as they make decisions that affect our city and communities.

Lord, we pray and lift to you those who serve in a variety of capacities such as health care professionals and medical staff in our clinics and hospitals. As they are on the frontlines, we pray that you would embrace their helping hands. Comfort them and uphold them as they deal with the intensity of the season and the decisions that they face. Protect them from infection.

Lord, we pray and lift up those who serve in law enforcement, community workers, and those providing essential services. We thank you for their commitment to continually serve our city and community. Protect them from infection and grace them with your presence as they serve others daily.

Lord, we pray for those who have had their employment affected during this season; whether it has been through reduced hours, furloughed, or lost employment completely. Give them encouragement today through friends and family. May your church stand in providing care for one another. We pray that you would lift their anxiety from uncertainty and give their souls rest.

PAUSE. WAIT. BE STILL.

Pray for by name for our hospitals, medical centers, and city and law enforcement leadership. Remember essential services including grocery store workers, transport services, local businesses, etc. Pray by name for anyone you know who works in these areas.

PRAYER | FOR THE NATIONS

Lord, there are great amounts of countries that have been affected by this pandemic while others are still trying to prepare for the start of infections and cases. We pray that you would be with the families of those who have been affected by this pandemic and have experienced the loss of loved ones. We pray that you would comfort them by your Spirit in this time; that they would call upon your name for healing and restoration.

We ask that you guide those who are serving in countries who have been greatly affected or are about to be: non-profit organizations, missionaries, church plants and church leadership, and medical professionals giving their time and energy to serve their communities. We ask that you would keep them from infection and give them wisdom and direction as they serve, treat, and minister to those who are experiencing hurt, loss, and confusion.

PAUSE. WAIT. BE STILL

Pray for people who you know by name that are serving in different countries or different parts of the United States including social workers, missionaries, pastors and church teams, medical personnel, and families affected.

CLOSING | 2 Chronicles 7:14

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

As you close this time of prayer, do not rush to finish, but sit and settle in the silence for a moment.