

How to pray for 10 minutes, 30 min, 1 hour or more!

First we need to make it clear that just saying a lot of words to fill a block of time is not our objective. Our goal is to get past that normal lifeless, repetitive prayer that we all seem to do... you know, help me with this, thank you for my family and my house, forgive me my sins, keep me safe.. These are all necessary but they are only a small part of what God wants. Just think about it... how would you like it if your best friend (your wife or husband) always said the same thing to you every time you talked.. only wanted you to do things for them and spent very little time talking to you... maybe going all day or even two days without talking to you at all.. stop and think a moment.. how would you feel about that person... first you would not feel close to them, your relationship would be distant at best. Sadly that's the way we all treat God far too often... and we wonder why we don't have a close relationship with Him..

Now let's look at it another way. This friend (our wife or husband) says good morning every day, talks to us during the day, asks our advice on things, they tell us that they Love us, (when is the last time you told God you love Him?) they spend time with us when we get home, and truly desires to spend time with us... Now how are you going to feel.. Great, loved, respected, comforted, cared about....

Get my drift... How do we think God feels (we are created in His image, so are our feelings possibly like His?).

So this brings us to the subject of this little paper...

God wants you! He wants to have a life with you! He wants to talk to you, He wants you to listen to Him,

He wants to Love you. He wants you to know, and feel His Love for you!

**He wants to pick you up when you are down
He wants to help keep you from getting down
He wants to tell you things
He wants to give you good gifts (not just income) there are tons of gifts he gives that are worth more than money... but that's a subject that will have to wait for another day....**

One last thing. Please don't fall into the trap that God will answer every prayer the way you ask and when you want. He simply does not work that way.. He is our father.. Parents are asked by their children many things and sometimes the parent says yes sometimes they say wait.... Not right now... sometimes, because they know what is best for the child they will say no... God knows the whole picture and He wants what is best for us and for His will...if you will watch, God will answer your prayers and if He answers with a wait or no... don't be discouraged... He Loves You.. and wants what is best... remember to always pray for His will... even though it sometimes is hard to accept.

Prayer is a great thing... it's a privilege... an honor... and the more time you devote to prayer the more you will see and learn about our Father.. He will show you things you never dreamed of... Draw near to God and He will draw near to you!

Ok here is the outline...

After searching through books and praying about it this is what I use. Jesus said this more than once! And this is the instruction He gave to His disciples! I think that is reason enough for me to follow this outline... Remember it is not meant to be recited word for word but instead to be a outline.. a guide.. we are to pray in our own words, expound on it. Remember that prayer is talking with, worshiping, and praising God.

Below you will find two passages where Jesus was giving these instructions.. study them... memorize the prayer then incorporate it in your time with Him...

"When you pray, say:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On earth as *it is* in heaven.

³ Give us day by day our daily bread.

⁴ And forgive us our sins,

For we also forgive everyone who is indebted to us.

And do not lead us into temptation,

But deliver us from the evil one."

Luke 11:2-4 (NKJV)

The Model Prayer

⁵ "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶ "But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly. ⁷ "And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words. ⁸ "Therefore do not be like them. For your Father knows the things you have need of before you ask Him. ⁹ "In this manner, therefore, pray:

Our Father in heaven,

Hallowed be Your name.

¹⁰ Your kingdom come.

Your will be done

On earth as *it is* in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,

As we forgive our debtors.

¹³ And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

¹⁴ "For if you forgive men their trespasses, your heavenly Father will also forgive you.

¹⁵ "But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matt 6:5-15 (NKJV)

Our Father who art in Heaven

Notice that it starts off.. Our Father.. think about what that is saying.. what is a father. Someone to respect, to honor, to listen too, someone to fear, a protector, a comforter, your provider and most of all someone who loves you unconditionally.

So how could this be prayed... here is a thought... Our father who art I heaven.. you are my father, my God, the one who loves me, my protector, my comforter, thank you for loving me unconditionally, thank you for providing for me,..... get the picture just keep thanking and calling out what He is to you.. let your mind and heart go.. it may feel uncomfortable at first but that's ok... just go through the motions and talk God.. it will flow...

Next

Hollowed be thy name...

What does the word hollowed mean? It means Holy, Sacred, divine, set apart, blessed, worshiped, adored, faithful.

So here is a start on this section...

Hollowed be thy name, Abba Father you are perfect, you are great, your to be praised, blessed and worshiped. Lord you are Holy, awesome, you are the alpha and omega. You are my God, the one I trust, the one I call my God just like in psalms 91, you are my provider, you are so important to me, you are the creator of all things, you are Yahweh, Yahweh Yireh, Adonay, El Shadday, Elohim, Yahweh Rophe, Yahweh Roi, El Roi I believe in you, I give you my belief, my faith, my love, you are the one I build my foundation of life on, I believe in your son Jesus, I believe He came here to earth, lived here, was tempted, torched, taught us so much, did miracles, healed the sick, made the lame walk, fed over 5 thousand people on just a few fish, you died on the cross for us and even forgave everyone for crucifying you. You then rose again three days later, and not only rose but let hundreds of people see and talk to you, then let them see you rise up to heaven... (God wants your faith in Jesus and in Him, vocalize it, tell Him, declare your faith)

I spend a lot of time here because praising God, worshiping Him, Loving Him, and focusing on Him like a laser beam is the core, the very center of what we are to be doing, God wants to be worshiped and be the center of our attention... you will find that when you spend the time really from your heart praising him and love on Him your time with him will have much more depth, and meaning. It will go in the direction He wants. Not the direction you want.. the Holy spirit seems to kick in and you just start saying what God wants to hear... ask the Holy Spirit to guide you in your prayer.. tell Him you want to pray only what God's will is... only what is pleasing to Him.. Just think about it if you are praying what God's will is.. that is the perfect prayer.. this is an incredible experience.. one that will make a lasting impression on you... you will want to go back for more... you will begin to crave to pray.. you will miss it when you don't... you will begin to see God at work during the day, He will speak to you in very special ways. **YOUR PRAYERS WILL BE ANSWERED IF THEY ARE BEING PRAYED IN HIS WILL... YOU WILL BE AMAZED WHEN YOU SEE THESE ANSWERS... You will get a gratification from these answers that is different. They will be boosters, a shot of excitement in the Lord. Motivation to go on. You will be asking for things that bring glory to him (not a new Cadillac or diamond ring) but you cannot believe the joy you will receive... it is incredible... I can't wait for you to experience it... I pray that God will let you experience what He has allowed me to see and feel but I pray that He will give you even more... I get excited about this (can you tell).. but that is what happens...
Back to the prayer...**

Next

Thy kingdom come thy will be done

Father I want your kingdom to come and thy will to be done here on earth as it is in Heaven... Lord have your way... have your way in my life, my Sunday school, my church, all churches, in all Christians, Lord please let your word spread like a brush fire. Fast and furious. Reaching millions for you glory, I want your will in this country, Help our leaders to follow your desire, Lord let

this country be run by leaders you put in power, so that we will follow you and make you happy, I am sorry that things are so messed up here on earth but Lord know that we want your will, your leadership, your guidance, and your direction.. for you are perfect in every way.. you are great and mighty. If thy will is being done then I know you will be pleased This can go on and on and on...

Give us this day our daily bread...

This is a profound section...

Think about what is our daily bread.. yes it is our food and water.. but it goes further... daily bread of income, it gets better.. we need our daily bread of the Holy spirit. (be not drunk with wine but be filled with the Holy Spirit), etc.. get it... so here is a start for this section...

Father, thank you for all you do.. all you did yesterday, all you did all days prior to today, thank you for all you have done that I have not noticed or said thank you for.. I don't want to be one of the nine that did not come back to say thanks I want to be the one who did... I thank you for all you are going to do....I am so grateful to you.. I love you.. Lord please give me my daily bread of you today, I need you more than air itself, I want to be filled with you today, please give me my daily bread of the Holy Spirit, I want to be filled You said be not drunk with wine but be filled with the spirit... please fill me.. give me my daily bread of wisdom.. you told us that we could ask for wisdom and if we believe we would receive... give me today my daily bread of wisdom of being the best I can for you today, the best father (or mother) the best husband (wife) give me my daily bread of income, bless me above and beyond what my needs so I can be a blessing to others when you want me to... give me my daily bread of protection from evil, give me my daily bread of angels like you tell us about in Psalms 91 to help me and protect me.. please also give me my daily bread of things that I need that I am not thinking of for you tell us that you know our needs even before we ask... I love you Lord thank you for blessing me with my daily bread

I want to interject something here... I always pray that God will not answer my prayers if I am praying anything that is not his will.. I only want His will.. not mine... remember the story of Hesicia this is respect for his will and helps to keep me in line. One other thing that begins to happen when I am praying in and genuinely seeking His will.. my will changes... the day to day things that used to be so important seem to fade into the background.. I become happier and less stressed.

Ok, the next section

Father forgive us of our sins

As I forgive those who have sinned against me

Father forgive me of my sins.. Lord I am sorry for failing you...

Please forgive me of _____

Holy Spirit help me to know my sins so that I can get forgiveness

I want to be cleansed and made white as snow.. show me

everything, I don't want anything left in me that may make my

Lord sad.... Father please forgive me of _____.... Lord if

there is anything I have missed please forgive me and bring them

up to me so I can get things clear with you... I desire to have a

pure relationship with you... I love you Lord...

Now Lord I forgive _____ who has wronged me.. and I

forgive anyone else who has sinned against me.. Lord may your

love flow through me...

Lead us not into temptation
But Deliver us from evil

Father please protect me today from temptation and deliver me from the evil one. Lord give me today all the tools and strength I need to resist temptation.. please help me in all the ways I need help today.. Jesus thank you that you resisted all temptation. You are the perfect example for us to follow... thank you that you know what we are faced with.... Please guide me along the best pathways for my life today, watch out for me and advise me.. please warn me when I am getting in areas where I am getting close to any temptation..

Lord thank you for allowing me to be in your Holy presence today. I enjoy talking to you... Lord I draw near to you please draw near to me... I love you... you mean so much to me... please help me grow today in you... please give me the eyes to see you and the ears to hear you.. I want to be closer to you.....I want to experience you today.... Holy Spirit please give me today the spiritual gifts today that you want me to have.. give me boldness at just the right time to speak to others... and say exactly what you want me to say... Use me today.. let me be a part of what you are doing. I seek you and I desire to be with you today.

**I love you Lord.
Amen**

I want to say again that this is an outline... please ask the Holy Spirit to guide you in your prayer... He will if you let Him... you will also see that your prayers will take different directions.. one day you may pray this type of prayer, other days you may be led to spend most of your time Praising the Lord.. don't be surprised if you are led to just thank God for all the things He has done... and is doing... if you think about it you can thank God for hundreds of things.. (especially when you are being led by the Holy Spirit)

What can you expect from talking with God, drawing near to Him?

God Loves You! He wants to talk with you... He wants a very special relationship with you... give it a chance, you won't regret it... God has done absolutely incredible things, and shown me things that have refreshed me, astounded me, and sometimes things that just simply have shown me that he knows what I am thinking and needing just at the precise moment I needed it... He did it just before I started writing tonight... I was feeling somewhat distant... not that God was not there but almost frustrated that I wasn't motivated to write and was wondering why I felt disconnected (ever felt that way?)... I had a thought that I needed to send a quick email for work so I wrote it and thought I would take a quick look to see if I had any new email.. I had just in the last few minutes gotten a email from someone at church that totally lifted me up... incredible just at the moment I needed it... God is good... I had another situation that I want to share. A few days ago while I was praying I asked the Lord to send me someone to pray for if it would be in His will.. I have prayed this before but this time it seemed more passionate..(*I was pretty confident He would send someone but thought it would just be someone brought to my mind*) I went on about my day and had actually forgotten about it, and then I get this call from a man that works for me asking me to pray for his stepson that just had a seizure, the doctors did not know if he would live through the day... Incredible that just does not happen... I got the privilege to pray for someone in an immediate need, I got my prayer answered, I also got as a bonus a chance to witness to this man, and also received two other specific unexpected blessings from that one thing.. God is Great...oh yeah, I got a call about an hour later.. the child was doing better and made it...Thank the Lord! There are so many things that God will do for you that make you feel incredible and will draw you even closer to Him. I am not talking about getting a new fancy car, or diamond ring. He of course does big things but what I have found out is that these smaller things, things that matter, things that touch your heart at the deepest level, things that show you He

cares, and knows what your needs are. These things happen most to me when I am persevering with my prayer life even when I don't feel like it.. It is one way that we can feel closer to God.. have that intimate relationship, and most of all, without question, know that He cares!

Please understand something.. I am just a normal man who is seeking God. When I earnestly seek Him I find Him.. When I draw near to Him He draws near to me... I am learning all the time and what a trip it is.. God is so cool how he speaks to us, it is always in different ways than I would expect..

***Prayer is it..* Prayer is what you have been looking for..**

I have a challenge for you...

Pray for 30 days.. start out using this outline and ask the Holy Spirit to help you pray the way God wants you to.. and Just pray... try not to just pray that old repetitive prayer.. get on your knees and pray to your father, get to know Him and just be honest... tell him you don't know what to pray He will help you! Find some scriptures and pray them. You know that if you are praying God's word that you are praying His perfect will. Don't worry about the time... the time will take care of itself.. just concentrate on simply getting to know God..

If you will do this you will experience for your self things you could never imagine.. true peace, joy, and Love. Remember to pray in His will not yours.. ask Him what he wants you to pray about... and just talk to Him!

He is waiting for you!

One last note..

If this has helped you, please make a copy and give it to someone else.. What better gift can you give than to help someone get closer to, and have peace with our Father In Heaven.

