

THE HOUR THAT CHANGES THE WORLD



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In his book, *The Hour That Changes The World*, Dick Eastman suggests that one divide an hour into 12 periods of 5 minutes each. After 5 minutes you change to another form of prayer. The following is Dick Eastman's grouping.

1. **Praise and Worship** is an expression of admiration and devotion to God.
2. **Waiting on the Lord** is an act of surrender to, and of love and admiration for God, (Often wordless worship)
3. **Confession** of sin and humiliation is an act of admitting my sinfulness to God and of cleansing me as the Temple of God, allowing me entrance into His presence.
4. **Pray the Word** is to feed myself spiritually and to pray according to God's agenda and revelation.
5. **Watching** is a time of spiritual observation (perception), to be on the lookout, to be spiritually aware of matters to pray for
6. **Intercession** is to pray for others, to concentrate on the needs and distress of other people, to stand in the gap for someone else.
7. **Petitions** for you personal need.
8. **Thanksgiving** is a time to acknowledge our appreciation to the Lord for His care and protection and for who He is.
9. **Song** is melodious praise and worship.
10. **Meditation** means to reflect upon or examine a matter more closely and to evaluative it spiritually.
11. **Listening** is a period in which you receive instruction for the Lord and ask Him to reveal to you the things that He wants you to notice and pay attention to.
12. **Praise** is to exalt and glorify God. To tell Him that you know who He is and to whom you are praying and that you trust Him with your supplications.

You can of course change the order, or only do some and not others, or add some of your own, but it gives you a starting place.