**How to spend “ONE HOUR” in prayer?**

*Matthew 26:40 “...what, could you not watch with*

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Let me suggest twelve (12) steps to an abundant prayer-life:

1.Begin with **ADORATION.** Psalm 71:8; Psalm 65:1

2.Move into **CONFESSION.** Daniel 9:4; Ezra 10:11;Psalm51:1,2

3.Then **WAIT** upon the Lord. Psalm 37:7; Hosea 12:6

4.Spend a moment and **READ** the Word. Rev. 1:3;Jer.36:6

5.Make **INTERCESSION**. I Tim. 2:1

6.Now **PRAY,** using the Word. Phil. 1:3-6; Ps.42;51;John 17

7.Pause in **MEDITATION**. Psalm 19:14

8.Offer **PETITION.** I Samuel 1:17

9.Lift your voice, **SING** the Word. Psalm 95:1

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