



THE PRAYER WHEEL

60 MINUTES WITH GOD IN 5 MINUTE INCREMENTS

Praise (Psalm 103:1)

Praise God for who He is.

Waiting (Psalm 46:10)

Just quiet your heart and wait. Say, "speak to me Lord, your servant is listening."

Confession (1 John 1:9)

Confess sin and anything that might be hindering your relationship with God.

Word (James 1:25)

Pick a passage and read slowly, maybe even out loud.

Petition (Matthew 6:11)

Ask for anything of the Lord that you may need.

Intercession (Ephesians 6:18)

Pray specifically for one or two people or issues.

Pray the Word (Psalm 119:11)

Go back to the passage you read. Read a verse and then pray the essence of that verse back to God.

Thanksgiving (Philippians 4:6)

Thank God for all of his provision and blessings in your life.

Singing (Psalm 30:4)

Sing along to your favorite song on Spotify or YouTube.

Meditate (Joshua 1:8)

Pick a phrase from Scripture, or a song, or an attribute of God and let it fill your mind and heart.

Listen (1 Samuel 3:10)

Listen to what the Holy Spirit might be wanting to say to you through thoughts, pictures, feelings, visions, and any of the senses. Have a notebook and pen handy to write down anything you think you hear from God.

Praise (Psalm 68:5)

End your time praising God.