



Prayer Hour Wheel

1
Praise & Worship

6 MINUTES

2
Quiet your Heart

6 MINUTES

3
Confess Guilt & Sin

6 MINUTES

4
Pray the Lord's Prayer

6 MINUTES

5
Be Still

6 MINUTES

6
Pray for Our Missionaries

6 MINUTES

7
Pray for the Unreached

6 MINUTES

8
Pray for our Church & Community

6 MINUTES

9
Thank Him

6 MINUTES

10
Declare Your Amen

6 MINUTES

An Hour of Prayer

For the next hour, use this guide as you pray.

1. Praise and Worship

“Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!” *Psalms 95:2*

Sing songs of praise you know by heart. (“Holy, Holy, Holy,” “Amazing Grace,” “The Doxology”)

5. Be Still

“Be still and know that I am God.” *Psalms 46:10*

Be still, silent, and listen for His voice. Pray for a calm mind and no distracting thoughts. Your stillness is your prayer.

9. Thank Him

“Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!” *Psalms 34:8*

Think of a current part of your life that feels sweet. Consider and celebrate its goodness with gratitude to the Lord.

2. Quiet Your Heart

Create space for God’s activity. This is a time for resting in God, enjoying His company, and allowing intimacy to deepen.

6. Pray for Our Missionaries

“How beautiful upon the mountains are the feet of him who brings good news...” *Isaiah 52:7*

Pray for those who have been sent (our people, goers, and church planters) and will be sent to share the gospel.

10. Declare Your Amen

Believe that God has heard you and will answer you. “Amen” means “it is true and sure, so shall it be.” Conclude this hour by praying, “Yours is the kingdom and the power and the glory forever. Amen.”

3. Confess Guilt & Sin

Ask God to reveal to you the sins that have been weighing you down lately. Take time to let God reveal those to you. Whatever is revealed, ask God for forgiveness. Thank God for His mercy and grace that will be present to the end!

7. Pray for the Unreached

Pray for those around the world who have yet to hear about Jesus. Whatever country comes to mind, pray that the gospel would reach its people.

4. Pray the Lord’s Prayer

Pray the way Jesus modeled. Linger in these words: “Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.” *Matthew 6:9–13*

8. Pray for our Church & Community

Spend time praying for specific people and circumstances in our church and surrounding community.

Weekly Prayer Events

Monday Morning Prayer
Monday, 9 – 10 a.m.
Connections Central

Pray & Play
Monday, 9 – 10 a.m.
Market Street Playground

Early Morning Devotion
Wednesday, 6 – 6:45 a.m.
Suite 288

Midday Prayer
Wednesday, 11 – 11:30 a.m.
FM Worship Center

Friday Morning Prayer
Friday, 7 – 8 a.m.
Suite 288

Monthly Prayer Events

Encounter
First Sunday of the month
5 – 6:30 p.m.
FM Worship Center

Prayer Walking
First Saturday of the month
8 a.m.
FM Campus