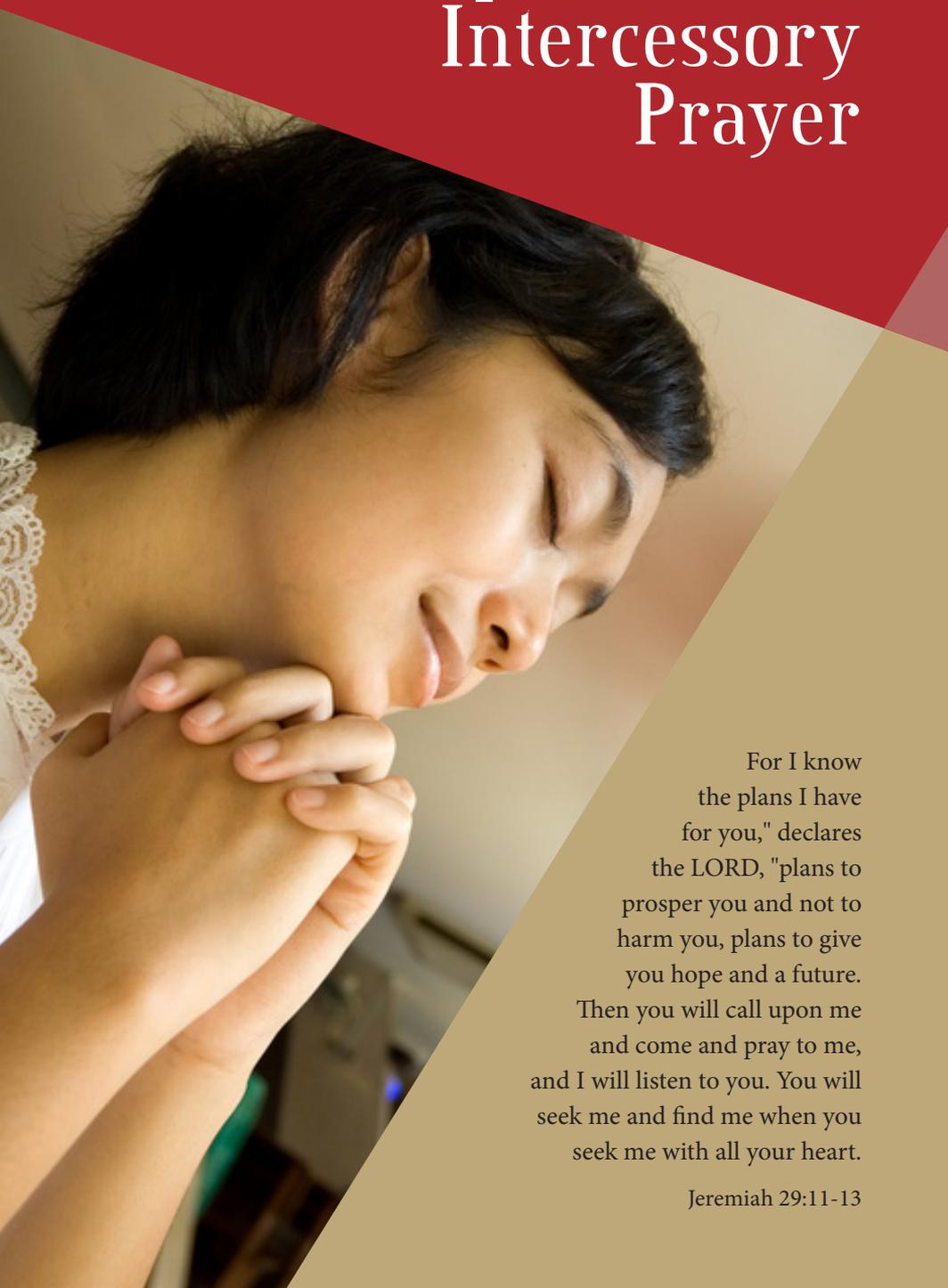


A Simple Plan for Intercessory Prayer



For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Jeremiah 29:11-13

Suggestions for a Prayer Plan

DAILY MEALS WITH GOD

Begin the day with devotions at breakfast, preparing your heart before God with the first six steps. Then use your meal times for the intercessory steps. At lunch focus on people, and at supper focus on leaders. If you have a family, you could pray around the table, assigning a person to lead in prayer for each of three steps.

HOURLY INTERCESSION

Begin the day with devotions and walking through the first six steps of personal preparation. Spend at least 3 minutes on each for 18 minutes of personal preparation. At work, set your watch alarm to go off at the top of each hour. Spend the first 3-5 minutes of each hour in an intercessory step.

MORNING PREPARATION	HOURLY INTERCESSION
Be Still	9 am - Souls
Be Worshipful	10 am - Saints
Be Thankful	11 am - Sick
Confession	1 pm - Ministers
Clothe in Armor	2 pm - Missionaries
Cast Cares	3 pm - Magistrates

WEEKDAY INTERCESSION

Every day spend the first six steps of personal preparation to prepare your heart for intercession. Then daily use the steps of intercession as the focus of your intercession for each day.

DAILY PREPARATION	WEEKDAY INTERCESSION
Be Still	Monday - Souls
Be Worshipful	Tuesday - Saints
Be Thankful	Wednesday - Sick
Confession	Thursday - Ministers
Clothe in Armor	Friday - Missionaries
Cast Cares	Saturday - Magistrates

Other Ways to Use These Steps

One Hour Daily Prayer - Begin each day quietly before God with the time of preparation. Do not be in a hurry. Allow 36 minutes or a one-hour period (either morning, afternoon, or evening) to be quiet, undisturbed and unhurried before God. When your heart is quiet and prepared, then do the Six Steps of Intercession.

Half-Day of Prayer - Once a week it is beneficial to spend a half-day of fasting prayer with God, from 6 a.m. to 12 noon if at all possible. Use the Steps, spending a half hour on each. For variety you may wish to mix them up rather than doing them in order. Give yourself a 10 minute break each hour or a 5 minute break each half hour.

Monthly Personal Retreat - Every month plan to spend a day and a half in intercessory prayer, perhaps the first or last Monday evening and Tuesday of the month. If possible, go to a local retreat center for an overnight with God so as to have no distractions. Use the Steps of Prayer for 12 hours of intercession—one hour for each. Include a 10 minute break each hour, and begin each hour with the first three steps.

Prayer Groups/Partners - With your prayer partner or a small group of people, walk through the Steps of Prayer together. Each of you offers God a sentence or two on each Step as the Spirit leads. Praying with a partner or small group can be refreshing.

Whole Church Prayer Concerts - A concert of prayer is a partial day dedicated to prayer in the church.

The Day-Long Intercessor



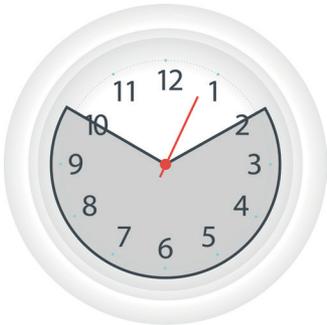
TOP OF EVERY HOUR

At the top of every hour, begin a new step of intercession. This keeps one focused and moving along in the intercessory prayer time.



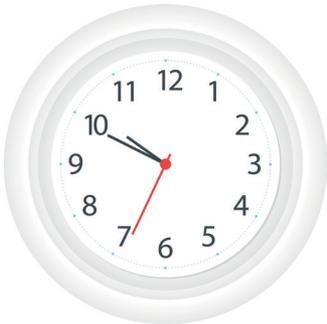
FIRST 10 MINUTES

The first 10 minutes are preparatory, a time to use the first 3 steps of stillness, worship, and thanksgiving.



40 MINUTES OF INTERCESSION

Each hour includes a solid 40 minutes of intercession on the step at hand.



LAST TEN MINUTES

Use the last 10 minutes of every hour for a break. You are only human and need to break your routine to keep from weariness. Take a bathroom break, or a tea or juice break.

A One Day Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as He did with Adam. But we rarely spend time with Him, and when we do, we are often in a hurry to get on to other activities. We need to take time to be holy.

If possible, it is beneficial to set aside one day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. Some find it helpful, even necessary to do an overnight in order to be relaxed to start the day.

- 7 am – Simple Breakfast
- 8 am – Be still (1) Be Worshipful (2) Be Thankful (3)
- 9 am – Confession (4) Clothe in Armor (5) Cast your Care (6)
- 10 am – Walk and listen to sermon tape/music, etc.
- 11 am – Intercession: Souls (7) Your top 10 list
- 12 am – A light lunch - (read a devotional book)
- 1 pm – Intercession: Saints (8) Your church phone list
- 2 pm – Break! (Nap or take a walk)
- 3 pm – Intercession: Sick (9) The afflicted in mind, soul, or body
- 4 pm – Praise w/tapes (walk, journal, plan)
- 5 pm – Intercession: Ministers (10)
- 6 pm – Supper break - Listen to Scripture on tape
- 7 pm – Intercession: Missionaries (11) Use Prayer Cards
- 8 pm – Walk w/prayer (music, silence or sermon)
- 9 pm – Intercession: Magistrates (12) Use a newspaper or develop a list of local/national officials
- 10 pm – Meditation on God's Name, Acts, Worth
- 11 pm – Return home (or go to bed) with Praise Tapes

Remember, prayer is fellowship with God, not just bending God's ear with a list of requests. Those who "know their God" shall be strong and do exploits. Get to know God in prayerful listening, whispering, singing, worshipping, reading, meditating, memorizing His word, etc.

This is one suggestion for an ordered and disciplined time of extended prayer. Some may find it difficult or unrewarding to be so disciplined. Feel free to develop your own style. Just be sure that it keeps you praying.

A Guide to Intercessory Prayer

Focus on God	<p>Personal Intimacy</p> <ol style="list-style-type: none">1. Be Still2. Be Worshipful3. Be Thankful
Focus on You	<p>Private Inspection</p> <ol style="list-style-type: none">1. Confession2. Clothe in Armor3. Cast Your Care
Focus on Others	<p>Intercession for Friends</p> <ol style="list-style-type: none">1. Discouraged2. Facing challenges3. Sick
Focus on World	<p>Intercession for Leaders</p> <ol style="list-style-type: none">1. Ministers2. Missionaries3. Magistrates



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