

### Praise

Praise is the act of expressing one's esteem of a person for his virtues or accomplishments. It is to pronounce that person "worthy of honor" (pg 25). Try not to use the word "praise" while praising God. Speak well of Him. {Examples: Ex 34.6-7; Deut 10.17-18; Josh 22.22; 2Sam 22.2-51; 1Chron 29.10-13; Neh 9.5-37; Job 11.7-11; 36.26-37.24; Ps 29; 47; 89; 93; 98; 99; Is 25; 40.10ff; Dan 4.34-37; Nah 1.2-8; Jude 24-25; Rev 4}

### Intercession

"...intercession is prayer offered on behalf of another. When the prayer warrior intercedes he forgets his personal needs and focuses all of his faith and prayer-attention on others. To intercede is to mediate" (pg 76). It is to stand between someone and God. "To make intercession for men is the most powerful and practical way in which we can express our love for them" (pg 80). {Ex 32.10-14; Ps 106.23; Ez 22.30; 1 Thes 5.25; Heb 13.18}

### Waiting

"Waiting is the silent surrendering of the soul to God...It is not drifting or daydreaming, but an exercise that demands our keenest attention...Praise is verbalizing our esteem of God. Waiting is a time of silent love" (pg 33). {Examples: Gen 49.18; 2 Kings 6.33; Ps 25.3, 5, 21; 27.14; 33.20; 37.7-9, 34; 40.1; 52.9; 62.1, 5; 69.3-6; 119.43, 74, 81, 114, 147, 130.5-6; Prov 20.22; Is 8.17; 25.9; 26.8; 33.2; 40.31; Hos 12.6; Zeph 3.8}

### Petition

"Because petition is an expression of helplessness, it should be present each day in the devotional hour. Jesus taught us to pray, 'Give us this day our daily bread' (Mat 6.11)" (pg 89). Petition should be specific [tell Him exactly what it is we are asking for], complete [carefully lift up the entire request leaving out no detail], sincere [engage yourself fully in it], and simple [forget eloquence, He's not impressed, just tell Him what it is in your own words].

### Confession

"According to Scripture there can be no effective prayer life where sin maintains its grip in the life of the believer. This is why confession is critical to our praying and should be implemented early in prayer. It clears the conscience of faith-killing guilt and opens the heart to truly believe God will hear our petitions" (pg 43). {Ps 32.1-6; 66.18; 51; 132; 139.23-24; Is 1.4-20; 59.2; Dan 9.20; 1 Jn 1.8-9}

### Thanksgiving

"Thanksgiving is the act of expressing specific gratitude to God for blessings He has bestowed upon us...Thanksgiving differs from praise in that praise focuses on *who* God is [& what He has done in general], whereas thanksgiving focuses on *what* God has specifically done *for us*. {Examples: Ps 119.62; 139.14; Is 12.1; John 11.41; Eph 5.20; 1 Thes 5.18}

### Scripture Prayer

There are two kinds of biblical prayer (1) praying the prayers written in Scripture. When doing this it may be helpful to rewrite the prayer on paper personalizing it so that it is directed to God from you {Examples: Mat 6.9-13; Acts 4.24-31; Eph 1.17-23; 3.14-21; Phil 1.9-11; Col 1.9-12; 1 Thes 3.11-13; 1Tim 1.12-17} (2) praying according to promises & blessings found in Scripture. {Ps 19.12-13; 86.10-12; 119.133-135; 141.3-4; 143.8-10; 2 Thes 3.5; 1 Tim 2.1-2; James 1.5-6}

### Meditation

"Meditation is an act of thinking...ponder the nature of God with full intensity. Carefully probe everything you know about your heavenly Father, constantly asking for the holy spirit to illuminate and stretch your thinking" (pg 119). Choose a verse and focus upon it. Mull it over. Chew on it; allow it to digest into your soul. Perhaps write the thoughts that come to mind while pondering in order to slow yourself down and focus. {Gen 24.63; Josh 1.8; Ps 1.2; Ps 4.4; 19.14; 143.5; 145.5}

### Watching

"From a practical standpoint, time should be allocated during prayer for a mental reflection concerning what is happening" (pg 66). This time is designed to allow the holy spirit to enlighten your eyes and to make you aware of spiritual needs in your community of faith and in the world at large. "As we develop the ministry of 'watching'... God will call upon us to pray very special prayers" (pg 71). We should expect to gain insight. {Ezekiel 33.1-20; Luke 21.34; Acts 20.28-29; Eph 6.18; 1 Peter 5.2-3}

### Listening

"Mentally absorb divine instructions from God concerning specific matter for that day" (pg 127). "To quiet our hearts for the specific purpose of receiving the day's guidance is an act of both dependence and faith. Listening implies confidence that God truly desires to speak to us" (pg 129). Ask God specific questions and then be still. It may be helpful to have a pen and paper ready. Also, search the Scriptures for answers, He often speaks to us through them. {Num 9.8; 1 Kings 19.12; Ps 81.13; Ecc 5.2}

### Outreach

Jesus was sent for the purpose of preaching the gospel of the kingdom (Luke 4.43). When he left, he gave us the same mission (Mat 28.19-20; Mark 16.15-16; Luke 24.48; John 20.21). If this is our mission then we should always be praying about the spreading of the gospel in our local area and around the world. {Matthew 9.37-38; Acts 4.20, 29; Eph 6.19-20; Col 4.3-4; 2 Thes 3.1}

### Singing

"Here we discover one of the most neglected aspects of personal worship--singing alone in God's presence. The psalmist enjoined, 'Serve the LORD with gladness: come before His presence with singing' (Ps 100.2)" (pg 103). Sing to Him songs of power & mercy, songs of thanksgiving, songs of God's name, etc. {2 Chron 20.20-24; Ps 59.16; 135.3; Acts 16.25; Eph 5.19; Col 3.16}