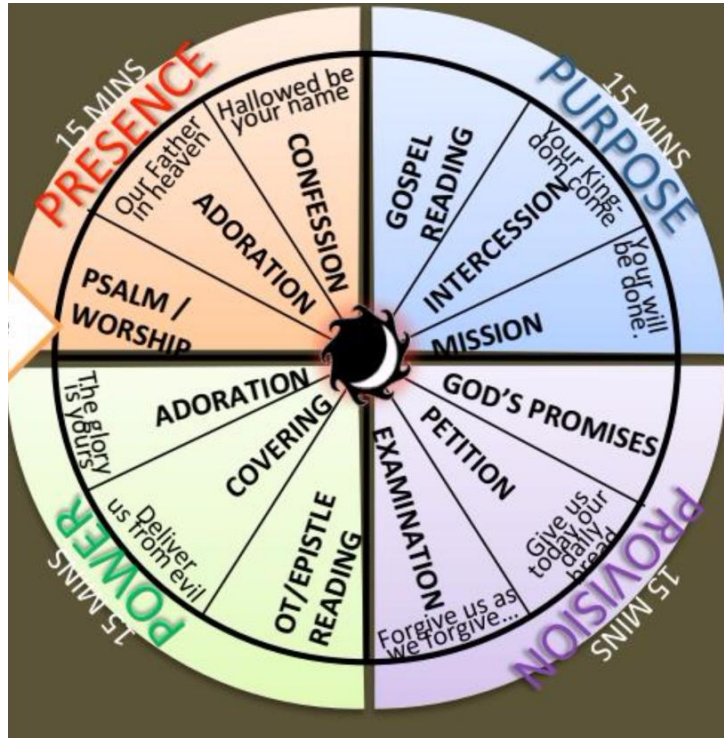


# BREAKING AN HOUR INTO TWELVE SECTIONS



Spend 5 minutes on each of the following sections...

## PSALM / WORSHIP

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Enjoy a great worship song.

## ADORATION

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Thank God for the things for which you are grateful.

## CONFESSION

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Say sorry to God for the things in your life you know are against his will. Ask for God's help in living differently.

Having done this, read this verse and be assured of his forgiveness: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* (1 John 1:9)

*Kingdom Come*

## BIBLE READING

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Prayerfully read a psalm of your choosing and put it in your own words.

*If you're not sure which psalm to use, you might want to try one of these:  
1, 3, 13, 22, 23, 27, 46, 51, 63, 73, 84, 136 or 148*

## INTERCESSION

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Pray for God's Kingdom to come in a situation from today's news.

## MISSION

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Pray for friends and family who don't yet know Jesus.

## GOD'S PROMISES

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Reflect on one of these verses, applying it to your life and turning the words into your own prayer.

- Jeremiah 29:11
- Proverbs 1:33
- Isaiah 40:29-31
- Matthew 11:28-29
- Romans 8:37-29
- Philippians 4:19

## PETITION

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Tell God about the things that are going on in your life. Be honest about the things you're happy about, finding difficult or don't know what to do about. Ask him to be involved in each of the things you mention, working through you and in ways you can't see.

## EXAMINATION

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Pray about a difficult relationship or situation you are currently facing. Ask God to give you wisdom and grace in how you respond or act.

*Kingdom Come*

## GOSPEL READING

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Read a chapter from a Gospel and ask God to speak to you through it. Try to imagine yourself as one of the characters in the story, or as someone looking on to what is happening. What do you hear? Who can you see? How do you feel? What is it like to be there?

## COVERING

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Think of an area of your life where things aren't going well – an area of stress, pain or confusion. Ask for God to be near you as you face that situation.

## ADORATION

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Choose a part of God's character that you love and praise Him aloud for it.