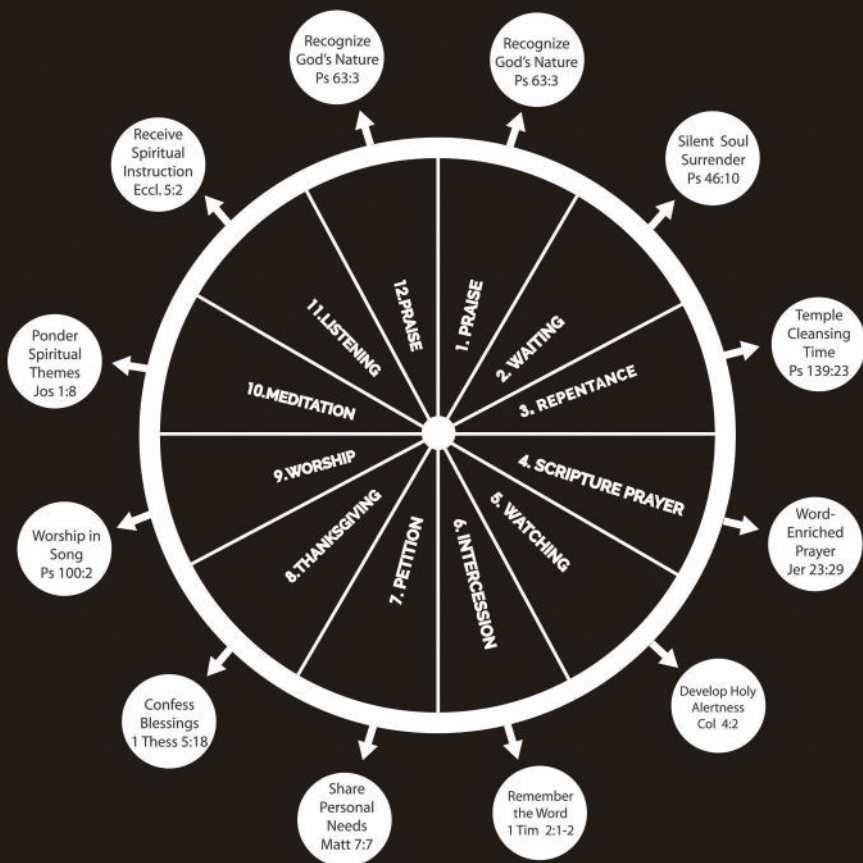


ONE HOUR PRAYER GUIDE

PRAY EACH SEGMENT FOR FIVE MINUTES



“WHAT, COULD YE NOT WATCH WITH ME ONE HOUR? WATCH AND PRAY...” MATT. 26: 40-41

Adapted from *The Hour That Changes The World* by Dick Eastman

PRAYER OF JABEZ

1 CHRON 4:9-10 (NKJV)

Now Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, "Because I bore him in pain." 10 And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!" So God granted him what he requested.

1. **"BLESS ME, BLESS ME INDEED"** – *Expect the blessing of God. Determine to allow God to dictate which blessing.*
2. **"ENLARGE MY BORDER, EXPAND MY TENTS"** – *"Fulfill Your calling in my life. Increase my influence. Take me to the next level. Use me to impact others."*
3. **"SET YOUR HAND UPON ME"** – *"Anoint me by Your Spirit. Grant me your wisdom, favor, and Presence. Fuel me by Your grace."*
4. **"KEEP ME FROM EVIL THAT I MIGHT NOT CAUSE HARM"** – *Confess all known sin. Pray the "Protection Prayer" from the Lord's Prayer.*

THE LORD'S PRAYER

LUKE 11:2-4 AND MATTHEW 6:9-13

1. **"OUR FATHER WHO ART IN HEAVEN, HALLOWED BY THY NAME,"** – *Praise Him, telling Him what He means to you. Welcome the Holy Spirit.*
2. **"THY KINGDOM COME. THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN."** – *Declare "Come Thy Kingdom, Be done thy will" in your life, spouse, children, church.*
3. **"GIVE US THIS DAY OUR DAILY BREAD."** – *Present your finances to God.*
4. **"FORGIVE US OUR SINS, AS WE FORGIVE THOSE WHO HAVE SINNED AGAINST US."** – *Repent of the sins He brings to mind as you seek Him. Release forgiveness to all who may have offended you.*
5. **"LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL."** – *Speak the jurisdictional prayer.*
6. **"FOR THINE IS THE KINGDOM, THE POWER, AND THE GLORY, FOREVER."** – *Give yourself to Him for His service this day, praising Him as you go.*

HELPFUL DEFINITIONS:

INTERCESSION = using my access to God on another's behalf.

SUPPLICATION = crying out to God in a time of need.

JURISDICTIONAL AUTHORITY = the authority I have over my spheres of responsibility. This is “my” authority exercised in areas of my jurisdiction.

AMBASSADORIAL AUTHORITY = the authority that accompanies one who speaks on behalf of another.

PRINCIPLES OF SPIRITUAL WARFARE:

1. *Our struggle is not against flesh and blood, even though it looks like that in the natural.* **EPH 6:10 – 18** Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

2. *You are seated with Christ in the heavenly places (the authority seat of the universe) above all the powers of darkness.* **EPH 1:19(B) – 23** That power is like the working of his mighty strength, ²⁰which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, ²¹far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. ²²And God placed all things under his feet and appointed him to be head over everything for the church, ²³which is his body, the fullness of him who fills everything in every way. **EPH 2:6** And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus...
3. *You have been given authority.* **LUKE 10:19** I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.
4. *You are an ambassador of the Kingdom of God.* **2 COR 5:20** We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.
5. *Submit yourself to God.* **JAMES 4:7** Submit yourselves, then, to God. Resist the devil, and he will flee from you.
6. *Worship creates a throne upon which Jesus reigns over His enemies (worship Him no matter how you feel).* **PSA 132:13,14** For the LORD has chosen Zion (His people in worship), He has desired it for his dwelling: "This is my resting place for ever and ever; here I will sit enthroned, for I have desired it..."
7. *Bind spiritual powers to set people free from bondage.* **LUKE 11:21,22** When a strong man, fully armed, guards his own house, his possessions are safe. ²²But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up the spoils.

JURISDICTIONAL PRAYER -

PROTECTION OVER ME AND ALL THAT IS MINE.

No weapon formed against me shall prosper. No evil shall befall me nor any plague come near my dwelling. Every tongue that accuses me in judgment, I shall condemn. This is my inheritance, and my vindication comes from You, Lord. Therefore, I cancel every assignment of the enemy and turn away and negate any curse spoken against me. In its place, I speak blessing ... (Declare what is in your heart over both you and your loved ones.) (PSA 91:10; ISA 54:17)

AMBASSADORIAL PRAYER -

DECLARE THE FOLLOWING TO THE POWERS AND PRINCIPALITIES AS YOU SPEAK FOR GOD IN A FOREIGN LAND. SPEAK THESE VERSES AND MAKE THE FOLLOWING DECLARATIONS:

1. *Declare that this land belongs to God.* **JOSH 1:3** I will give you every place where you set your foot...
2. *Declare that these people belong to God.* **PSA 24:1** The earth is the LORD'S, and everything in it, the world, and all who live in it...
3. *Declare that the kingdom will be established in that land in power.* **MATT 11:12** From the days of John the Baptist until now, the kingdom of heaven has been forcefully advancing, and forceful men lay hold of it.
4. *Declare that the gospel will be openly preached and the church firmly established. (Seek to share your faith.)* **ROM 1:16** I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes...
5. *Demand that scales be removed from people's eyes that they might see.* **2 COR 4:3-6** And even if our gospel is veiled, it is veiled to those who are perishing. ⁴The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. ⁵For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. ⁶For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.