

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

-- John 15:5

Use the prayer wheel to spend one hour in prayer and abiding with Christ.

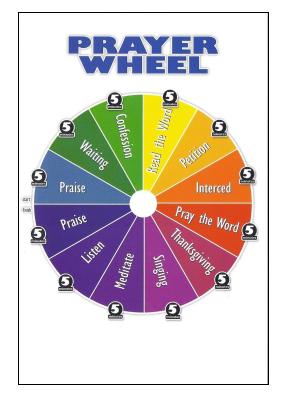
Find a quiet place to spend time alone with God.

Set a timer for five minutes.

Use the Prayer Wheel as a guide and spend five minutes on each section.

You may want to preselect a scripture to use and a worship song to sing.

Have a notebook and pen handy to write down any ways that the Lord prompts you or speaks to you during your hour of prayer.



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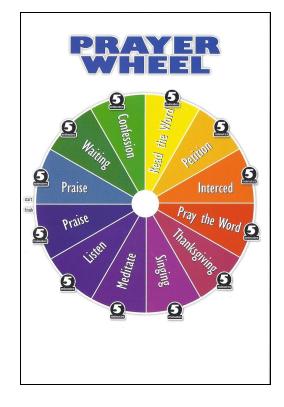
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## PRAYER WHEEL OUTLINE

**PRAISE**: Spend time praising God for who He is.

**WAITING**: Spend time silently waiting on God. Just quiet your heart and wait.

**CONFESSION**: Spend time confessing sin and all that hinders your relationship with God.

**READ THE WORD**: Spend time reading the word of God.

**PETITION**: Spend time praying general prayers of blessing and protection for yourself, family & others.

**INTERCEED**: Spend time praying specifically for one or two people or issues.

**PRAY THE WORD**: Go back to the scripture you read. Read a verse and then pray the essence of that verse back to God.

**THANKSGIVING**: Spend time thanking God for all of His blessings and actions in your life.

**SINGING**: Spend time singing a favorite hymn or play a worship song on youtube.

**MEDITATE**: Spend time meditating on one aspect of God, a phrase of scripture or a word or phrase from a worship song.

**LISTEN**: Spend time listening to what the Holy Spirit might be wanting to say to you through this time. Have a notebook and pen handy to write down anything you hear from God.

**PRAISE:** End your time praising God.

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