



Focus 10. Youth Focus (5 minutes)

Seeking God's glory by reaching out to the youth

- That young people will reach people on their own level with the gospel.
- For today's generation to come into a new intimacy with God and obedience to Him.
- For radical committed disciples, living in holiness.
- To radically serve God and to follow Him wherever He leads.
- For compassionate hearts, to reach even in the gutters and serving the poor.

Focus 11. Reconciliation Focus (5 minutes)

Seeking God's glory through forgiveness and reconciliation

- That nations will confess their sins of hurting, suppressing and abusing their own people and other nations.
- For reconciliation on all levels (in families; oppression of women and children; between churches and denominations, ethnic groups or races; between countries; etc.)
- For the breaking of strongholds, structures and political systems that destroy the lives of people.
- That individuals, families, clans, and ethnic groups will forgive those who violated them in any form.
- Through acts of restitution and blessing one another.

Focus 12. Worship Focus (5 minutes)

Seeking God's glory through praise and worship

End your time of prayer with praise and worship. Read any on of **Pss. 144-150**. Thank God for this goodness and take time to bless individuals who come to mind, in the Name of the Lord Jesus Christ.

Practical Guidelines

- Ask the Lord for the names of 5 other Christians and ask them to join you in making the same commitment to pray at least one hour a day.
- Duplicate this pamphlet freely and give it to other Christians.
- To find more translations of this pamphlet, go to the website: www.jwipn.com and www.globaldayofprayer.com

info@globaldayofprayer.com
www.globaldayofprayer.com

Jericho Walls International
info@jwipn.com
www.jwipn.com

Transformation Africa
info@transformationafrica.com
www.transformationafrica.com

To mobilise young people to pray
27-7sa@jwipn.com
www.24-7.com

xtreme hour

Seeking His face for
the revealing of His glory

A one hour prayer outline
12 five minute prayer focuses



A funky prayer guide
for young Christians on how
to spend an hour in
God's presence!



Focus 1. Praise Focus (5 minutes)

Proclaiming God's glory

God created all things (**Gn.1:1**). He is Rock Solid, steadfast and an encouragement (**Rm.15:5**); Compassionate and always forgiving (**Ex.34:6**); El-Shaddai (the All-mighty, All-sufficient One, Satisfier (**Gn.1:17**); Yahweh-Jireh (God shall provide; Provider **Gn.22:14**); Yahweh-Ropheka (the Lord who heals you **Ex.15:26**); Yahweh-Shalom (the Lord gives rest; the Lord is peace **Ps.35:27**); the King of the whole world (**Mic.4:13**); Jesus Christ the Way, the Truth and the Life (**Jn.6:14**); Christ the Power and Wisdom of God (**1Cor.1:24**); the Lamb in the center of the throne (**Re.7:17**); the Lamb that was slain (**Re.5:12**); Christ the Hope of glory (**Col.1:26**); the Spirit of Liberty, Insight, Counsel and Strength, Knowledge and Fear of the Lord (**Is.11:2**); Grace and Supplication, Holiness, Love, Truth, Power, Self control, Wisdom, and Revelation of the Knowledge of Him, the Spirit of Glory (**1 Pt.4:14**).

Focus 2. Holiness Focus (5 minutes)

Seeking God's glory through holiness

- Is there any known unconfessed sin in my life? (**Ps.32:3-5**)
- Do I have unforgiveness and bitterness in my life? (**Mt.18:21-22; Pr.14:10**)
- Are there any doubtful practices or activities in my life? (**Job 23:10-11**)
- Am I obeying the Holy Spirit promptly in all things?(**1Pt.1:2**)
- Am I confessing Jesus unashamedly? (**Lk.9:23-27**)

Focus 3. Harvest Focus (5 minutes)

Seeking God's glory through the salvation of the lost

Pray for five unsaved families, friends or individuals.

1. _____
2. _____
3. _____
4. _____
5. _____

Pray for their salvation, that God will bless them (spiritually, socially, emotionally), and pray for their felt needs.

Focus 4. Church Focus (5 minutes)

Seeking God's glory in the church

- Pray for congregations to be restored as houses of prayer for all nations (**Is.56:7, Mt.21:13**)
- Pray for congregations to fulfill the Great Commission (**Mt.28:18-20**)
- Pray for congregations to fulfill the Great Commandment (**Mt.22:37-40**)
- Pray for spiritual revival in the church (**Eph.17:17-23**)
- Pray for a church that will be faithful to the Word and relevant in addressing the needs of the people. (**2Tim.3:1-17**)

Focus 5. Provision Focus (5 minutes)

Seeking God's glory by asking for "our daily bread" and praying for our personal needs

1. _____
2. _____
3. _____
4. _____
5. _____

Focus 6. Revelation Focus (5 minutes)

Seeking God's glory by listening and focusing on Him

Read **Is.42:8-9, Dn.9:9-10** and **Ps.25:4-5**. Ask God to show you new things, things that He wants you to notice and pay attention to. Ask Him to reveal His will and purpose/plans to you. Ask Him for things that are on His heart that He wants you to pray about. Write down (journal) what you sense He is saying to you.

Focus 7. Global Focus (5 minutes)

Seeking God's glory in the nations

- Pray that the nations will see that Jesus Christ is the Way, the Truth and the Life (**Jn.14:6**)
- Pray that the gospel will be spread all over the nations (**Lk.24:46-48**)
- Pray for the coming of God's peace and glory to countries and nations (**Zech.9:10**)
- Pray that kings and government will submit to the Lordship of Jesus as the King of kings (**Is.49:7**)
- Pray that God will bless the nations. (**Jer.4:1-2**)

Focus 8. Warfare Focus (5 minutes)

Seeking God's glory by breaking the strongholds of evil and by repenting for any involvement in

- Immorality
- Witchcraft and idolatry
- Injustices, harmful acts and deeds
- Racism, racial hatred and ethnic pride
- Ungodly covenants.

Focus 9. Desperation Focus (5 minutes)

Seeking God's glory through His intervention and breakthroughs in the following global challenges

- The HIV/AIDS pandemic
- The increasing number of poor and needy people
- Corruption on all levels
- The persecuted church in many nations
- Wars, bloodshed and ethnic violence. Pray also for the millions of refugees.

