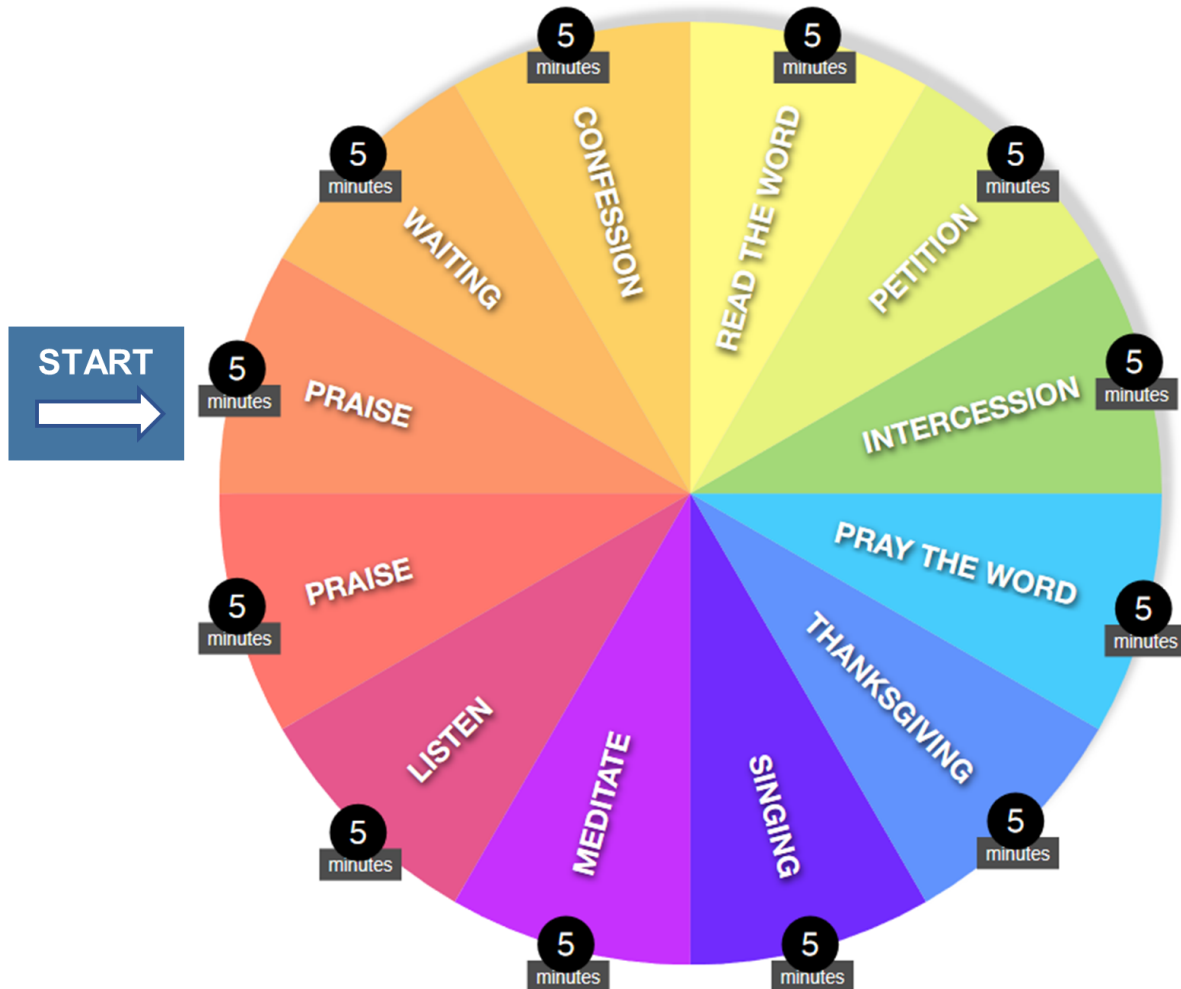


# The Prayer Wheel

60 minutes with God in 5 minute increments



## **Praise**

Praise God for who He is.  
Psalm 103:1

## **Waiting**

Just quiet your heart and wait. Say, “speak to me Lord, your servant is listening.”  
Psalm 46:10

## **Confession**

Confess sin and anything that might be hindering your relationship with God.  
1 John 1:9

**Word**

Pick a passage and read slowly, maybe even out loud.

James 1:25

**Petition**

Ask for anything of the Lord that you may need.

Matthew 6:11

**Intercession**

Pray specifically for one or two people or issues.

Ephesians 6:18

**Pray the Word**

Go back to the scripture you read. Read a verse and then pray the essence of that verse back to God.

Psalm 119:11

**Thanksgiving**

Thank God for all of his provision and blessings in your life.

Philippians 4:6

**Singing**

Sing along to your favorite song on Spotify or YouTube. Psalm 30:4

**Meditate**

Pick a phrase from Scripture, or a song, or an attribute of God and let it fill your mind and heart.

Joshua 1:8

**Listen**

Listen to what the Holy Spirit might be wanting to say to you through thoughts, pictures, feelings, visions, and any of the senses. Have a notebook and pen handy to write down anything you think you hear from God.

1 Samuel 3:10

**Praise**

End your time praising God.

Psalm 68:5