

# ***HALF-DAY OF PRAYER***

“God’s acquaintance is not made hurriedly,” says E.M. Bounds. “He does not bestow His gifts on the casual or hasty comer and goer. To be much alone with God is the secret of knowing Him and of influence with Him.”

Something powerful happens when we set apart a block of time to seek God’s face intensively. Here are a few guidelines for a half-day of prayer (adapted from Navigator’s 2:7 Course):

1. ***Find a place free from distractions.*** I’ve found it helpful to go “away” for extended prayer times. A friend’s vacant house, a church or Christian conference center, or even a motel room will do.
2. ***Take along your Bible, a notebook, a pen or pencil.*** You may also want a devotional, hymnal, a prayer list, memory verses, and your weekly schedule. Wear comfortable clothes and bring a sack lunch.
3. ***Stay awake and alert.*** Get adequate rest the night before. Change positions frequently. Sit awhile, walk around – vary your position to keep from growing dull or sleepy.
4. ***Try a variety of approaches.*** Read the Scriptures awhile, pray awhile, plan or organize awhile, and so on. You might divide the time into three parts: (a) wait on the Lord, (b) pray for others, and (c) pray for yourself.
5. ***Pray aloud*** in a whisper or soft voice. Sometimes thinking aloud also helps.
6. ***Make a worry list.*** Things often come to mind during prayer. Instead of trying to ignore them, write them down. Prayerfully prioritize them into a “to do” list. Ask God to show you how to accomplish what needs to be done.

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