



The Hour of Power Prayer Guide

What is the Hour of Power?

The Hour of Power is a structured prayer method that dedicates one full hour to focused, intentional prayer. This approach divides the hour into specific segments, each with a distinct purpose, creating a comprehensive spiritual experience that covers worship, confession, thanksgiving, and intercession.

The Basic Structure (60 Minutes)

Segment 1: Praise and Worship (20 minutes)

- **Purpose:** Begin by focusing entirely on Jesus Christ and His glory
- **Activities:**
 - Read or recite psalms of praise (Psalms 100, 103, 145, 150)
 - Sing worship songs or hymns exalting Jesus (aloud or silently)
 - Meditate on the power and authority of Jesus' name
 - Declare Jesus as Lord, Savior, and the fullness of the Godhead
 - Worship Jesus for His redemptive work and resurrection power
- **Focus:** "Who Jesus is" - the one true God manifested in flesh

Segment 2: Waiting and Confession with Holy Ghost Leading (20 minutes)

- **Purpose:** Create space for the Holy Spirit to speak and cleanse your heart
- **Activities:**
 - Sit quietly and allow the Holy Ghost to search your heart
 - Confess specific sins, claiming His blood for cleansing
 - Examine your walk with God and areas needing sanctification
 - Practice Spirit-led meditation on Scripture

- Allow the Holy Ghost to bring conviction and direction
- Pray in the Spirit (tongues) as the Spirit gives utterance
- Journal thoughts or revelations received
- **Focus:** Humility, repentance, and spiritual cleansing through Jesus' blood

Segment 3: Petition and Intercession in Jesus' Name (20 minutes)

- **Purpose:** Bring your requests and intercede for others through Jesus' authority
- **Activities:**
 - Present your personal needs directly to Jesus
 - Claim promises from God's Word in Jesus' name
 - Intercede for family, friends, and loved ones for salvation
 - Pray for the lost to receive the Gospel of Jesus Christ
 - Intercede for your local church and pastor
 - Pray for the worldwide church body and revival
 - Pray for spiritual gifts and the baptism of the Holy Ghost for others
 - Pray in tongues as the Spirit leads in intercession
- **Focus:** Specific requests through Jesus' name and Spirit-led intercession

Alternative Structures

The ACTS Model (15 minutes each)

- **Adoration (15 min)** - Worship Jesus as the one true God
- **Confession (15 min)** - Repentance and cleansing through Jesus' blood
- **Thanksgiving (15 min)** - Gratitude for salvation, Holy Ghost, and Jesus' name
- **Supplication (15 min)** - Requests in Jesus' name and Spirit-led intercession

The Jesus Prayer Structure

Spend 10 minutes on each focus area:

1. **Jesus as Savior** - Thank Him for salvation and the new birth
2. **Jesus as Baptizer** - Praise Him for the Holy Ghost baptism and spiritual gifts
3. **Jesus as Healer** - Claim His healing power and good health
4. **Jesus as Coming King** - Worship Him as the soon-coming King
5. **Jesus' Name Power** - Declare the authority and power in His name
6. **Jesus as the Word** - Meditate on Him as the living Word made flesh

Practical Tips for Success

Preparation

- Choose a consistent time and quiet location for your prayer closet
- Eliminate distractions (phone, notifications) to focus on Jesus
- Have a Bible, journal, and pen available
- Consider using a timer to track segments if prayer is new to you
- Prepare worship music or psalm readings
- Be open to the Holy Ghost's leading throughout your prayer time

During Prayer

- Don't rush between segments - allow the Spirit to flow
- Allow natural transitions between topics as the Holy Ghost leads
- Write down key thoughts, revelations, or prophetic impressions
- If your mind wanders, call on Jesus' name to redirect your focus
- Speak aloud when possible, and don't be afraid to get loud in worship
- Allow the Holy Ghost to give you utterance (speak in tongues)
- Be sensitive to the Spirit's leading - He may direct you to spend more time in one area

Flexibility Guidelines

- Adjust segment lengths based on your needs
- Some days may require more confession, others more intercession
- The structure serves you, not the other way around
- Start with shorter periods if one hour feels overwhelming

Benefits of the Hour of Power

Spiritual Growth

- Develops consistency in prayer life and relationship with Jesus
- Creates space for the Holy Ghost to speak and move
- Builds intimacy with Jesus as your Lord and Savior
- Strengthens your spirit, and spiritual gifts
- Increases sensitivity to Holy Ghost leading

Personal Development

- Increases spiritual focus and concentration
- Develops gratitude for salvation, Holy Ghost, and divine blessings
- Reduces anxiety through surrender to Jesus' lordship
- Clarifies God's will and calling on your life
- Builds faith for miracles, healing, and breakthrough

Practical Impact

- More Spirit-led daily living and witness
- Improved relationships through Jesus-centered love
- Greater peace and contentment in Christ
- Enhanced spiritual discernment and prophetic sensitivity
- Increased boldness in witnessing and ministry
- Stronger connection to your local church family

Common Challenges and Solutions

"I Don't Have a Full Hour"

- Start with 30 minutes using 10-minute segments
- Gradually increase duration over time
- Remember: consistency matters more than duration

"My Mind Keeps Wandering"

- This is normal, especially when starting
- Gently redirect your attention when it happens
- Consider praying aloud to maintain focus

"I Don't Know What to Say"

- Use the Psalms as prayer templates
- Keep a prayer journal with ongoing requests and testimonies
- Pray through current events, asking for Jesus' intervention
- Allow the Holy Ghost to give you utterance in tongues
- Use familiar worship songs as prayer starters
- Pray the promises of God's Word
- Remember that groaning and sighing are also prayer (Romans 8:26)

"It Feels Repetitive"

- Vary your approach within the structure as the Spirit leads
- Focus on different aspects of Jesus' character and work
- Incorporate different worship styles and expressions
- Allow the Holy Ghost to bring fresh revelation to familiar truths
- Use different translations when reading Scripture
- Include testimonies and declarations of God's goodness

Getting Started

Week 1-2: Foundation Building

- Begin with 20-30 minutes total
- Focus on establishing the habit
- Use simple, familiar prayers
- Don't worry about "doing it perfectly"

Week 3-4: Expanding Structure

- Increase to 45 minutes
- Add more specific intercession
- Include Scripture reading in each segment
- Begin keeping a prayer journal

Week 5+: Full Implementation

- Move to the full hour format
- Develop personal prayer lists
- Share the practice with others for accountability

Resources for Enhancement

Scripture References

- Psalms 1, 23, 63, 84, 100, 103, 139, 145
- Acts 2:38 (Salvation plan and Jesus' name)
- Acts 4:12 (Power of Jesus' name)
- John 14:13-14 (Praying in Jesus' name)
- Romans 8:26-27 (Holy Ghost intercession)
- 1 Corinthians 14:15 (Praying in the Spirit)
- Philippians 2:9-11 (Exaltation of Jesus' name)
- Colossians 2:9 (Fullness of Godhead in Jesus)

Prayer Tools

- Prayer journals or notebooks for recording revelations
- Prayer request lists including individuals you are praying for their salvation
- worship music playlists
- Bible reading plans
- Prayer guides and resources
- Prayer maps for missions and evangelism
- Testimonies of God's faithfulness to declare

Conclusion

The Hour of Power is not about impressing Jesus with lengthy prayers, but about creating intentional space to commune with Him as your Lord and Savior. As Oneness Pentecostals, we understand that we're praying directly to Jesus, who is the fullness of the Godhead bodily. Like any spiritual discipline, it requires practice and patience to develop, but the Holy Ghost will help you and guide you.

Start where you are, be consistent, and allow this structure to deepen your prayer life and relationship with Jesus. Remember to stay sensitive to the Holy Ghost's leading - You may be directed to spend more time in worship, intercession, or waiting on the Lord.

Remember: The goal is not perfect execution but faithful connection with Jesus Christ. Let this framework serve as a launching pad for meaningful, Spirit-filled prayer that brings glory to the name of Jesus and advances His kingdom on earth.