

REFLECTIVE HOUR OF PRAYER

- 1. Praise and Worship (5 minutes)**
Spend some time praising God. Use songs, listen to music, speak out words of praise. Examples of online playlists can be found through kchw.co.uk/prayer.
- 2. Waiting on the Lord (5 minutes)**
Take some time to still your thoughts and sit before the Lord in silence. Ask him to reveal to you any barriers between you and Him.
- 3. Confession (5 minutes)**
Confess anything that comes to mind. This will enable you to pray without anything coming between you and God.
- 4. Scripture reflection (10 minutes)**
Take some time to read today's passage of scripture which can be found at kchw.co.uk/prayer
 - Read through the passage out loud (if possible)
 - Read it again slowly
 - Does a particular verse, section or word stand out to you? Focus on this and ask God what he is showing you through this.
- 5. Personal reflection (10 minutes)**
Read the personal reflection activity for today at kchw.co.uk/prayer. Reflect on this and listen to what God is saying to you.
- 6. Intercession (15 minutes)**
Read the church wide and nation focused prayer points found at kchw.co.uk/prayer.
- 7. Final Reflection (5 minutes)**
Write down anything that God has spoken to you. You can send in your reflections, thoughts, words of encouragement, prophetic words at kchw.co.uk/prayer.
- 8. Praise (5 minutes)**
End with praise. You can find some worship songs to sing to or reflect upon at kchw.co.uk/prayer.