

# Outline for an Hour Long Prayer

In your prayer habit, set aside a quiet space or spaces—it can be indoors or outside—that will be dedicated to prayer. You may keep your Bible and Book of Common Prayer there, or look up the Bible and the BCP [bcponline.org](http://bcponline.org) online.

## I. Adoration | 14 Minutes

- a. Sing or read psalms of praise. You may also adapt the outline for morning or evening prayer.
- b. Use worship songs from memory, a hymnbook, or the internet.

## II. Confession | 14 Minutes

- a. Recall three categories of sin: commission, things you have done; omission, things you have not done; and things which your conscience wants you to confess.
- b. Meditate on Psalm 51

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## III. Thanksgiving | 14 Minutes

- a. Count your blessings and you will be surprised at what the Lord has done.
- b. Thank God for every blessing, and for trials you are undergoing. These trials may lead you to have a better character and deeper faith.

## IV. Supplication | 14 Minutes

Pray for everyone. You may order your intercessions by the following:

- a. Family | pray for yourself, your spouse, parents and siblings, relatives, and friends;
- b. Church | pray for clergy, church workers, ministries, and the needs of your church;
- c. Society | pray for government leaders, community needs, and current events both local and global.

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## V. Conclusion | 4 Minutes

- a. Lord's Prayer
- b. The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with us (me) forever more. Amen.

