



How to Pray One Hour a Day

based on [My Partner Prayer Notebook](#) © 2015 Becky Tirabassi

Talk to God

Praise--use a Psalm a day--start on Psalm 20 and read one a day. Respond to what "stands" out.

Admit--start with Psalm 139:23-24 and see what thoughts those verses bring to mind.

Request--begin a prayer list (not a Santa Clause/wish list) for those whom God brings to mind, as well as praying for your needs and desires! Matt. 7:7-8, James 4:2-3

Thanks--write a "thank you" note to God each day, recognizing where He is working in your life.

Listen to God

Listening--for example, read the "Day" in The Burning Heart Contract and make notes on how it applies to your life.

Message--take notes at any church service or Bible study; keep a record of what God is teaching you.

New Testament -- read daily (a daily bible is a great resource) a chapter a day -- underline verses that respond to your PART for the day.

Old Testament - same thing, (read a chapter a day).

Proverbs-- read a verse or two a day. It will "speak" to you more like a father to a child.

To-Do: Always keep a sheet of paper/calendar next to you during your hour of power. God will give you ideas and reminders. Don't miss them!

Note: [My Partner Prayer Notebook](#) and the companion, [Change Your Life Daily Bible](#) are available online at BeckyTirabassi.com. For a set of both resources, [click here](#).