

# The Prayer Wheel

A one-hour guided prayer practice · twelve segments, five minutes each



## The twelve segments

1. **Praise** Begin your time by turning your attention to God and praising Him for who He is and what He has done.
2. **Waiting** Slow down, quiet your heart, and rest in the presence of God without needing to say anything.
3. **Confession** Invite the Holy Spirit to reveal anything that needs to be confessed, then bring it honestly before God.
4. **Read the Word** Open Scripture and read slowly, allowing God's Word to shape your thoughts and quiet your heart.
5. **Petition** Bring your own needs before God with honesty, confidence, and trust.
6. **Intercession** Pray for the needs of others, holding family, friends, neighbors, and even difficult people before God.
7. **Pray the Word** Use Scripture as the language of your prayer, letting God's Word shape what you say back to Him.
8. **Thanksgiving** Give thanks for the gifts, people, provisions, and ordinary mercies God has placed in your life.
9. **Singing** Use worship music to lift your heart toward God, whether you sing out loud or simply listen prayerfully.
10. **Meditate** Take one truth about God and sit with it slowly, allowing it to sink deeper into your heart.
11. **Listen** Sit quietly before God, asking Him to speak and preparing your heart to receive His guidance.
12. **Praise** End where you began, praising God for His presence, His character, and the time spent with Him.