60 Minute Prayer Workout Routine

1. Prayer in the Spirit - 2 minutes

2 Praise and Thanksgiving - 3 minutes

3. Bible Reading (or Writing Project) - 20 minutes
- Hand Copy Scripture
- Categorized Wisdom

4. **Meditation** - 5 minutes
- Think about what you have read and how it applies

5. **Reading Good Christian Books** - 10 minutes
- Start with “classics” and avoid “pop” literature

6. Scripture Memory and Meditation - 5 minutes
- Active Meditation – progressively emphasize each word
- Write passage out on 3 x 5 cards
- Compose a

7. Journaling - 5 minutes
- Not a diary of activities but record of thoughts, ideas, struggles

8. Prayer - Petition (for you) - Intercession (for others) - 10 minutes
- Now that spent time with Lord some of your petitions might change.

9. Overtime
- While “plugged in” go over daily agenda and to do list

10. To avoid a workout “plateau” change your routine and work in:
- Waiting silently with the Lord
- Confession and searching of the heart
- Singing - worship and praise
- Listening quietly and EXPECTANTLY

11. Muscles don’t pop up overnight – requires patience and diligence
- Usually don’t notice iimprovement until stress comes and you need the newly developed muscle.