

Prayer Wheel

a simple tool to pray the clock

The Prayer Wheel is a simple tool for practicing prayer. You can use it by yourself, with a prayer partner or in a group. In just 12 simple steps - 5 minutes each - this Prayer Wheel guides you through twelve ways the Bible teaches us to pray. At the end, after praying for an hour, you'll wonder where the time went.



PRAISE: Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to you and your family.

WAITING: Spend time waiting on the Lord. Be silent and invite God to join you in this time of prayer. Repeat invitations like: “Come Gracious Father,” “Come Lord Jesus,” “Come Empowering Spirit.”

CONFESSION: Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed.

READ THE WORD: Spend time reading and re-reading a short passage or a Psalm. Reflect on the words. What words or ideas from the passage stand out to you?

MEDITATE: Reflect deeply on the words or ideas from the passage. Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you.

PRAY THE WORD: Take the same words or passage and turn it into a prayer back to God. Pray God’s words back to Him.

PETITION: Make requests on behalf of yourself.

INTERCESSION: Make requests on behalf of others.

THANKSGIVING: Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

SING: Sing songs of praise or worship or another hymn or spiritual song.

LISTEN: Spend time merging the things you have read, things you have prayed and things you have sung and see how the Lord brings them together to speak to you.

PRAISE: Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes.