

How to Make a Worry List

1. Give some thought to current conflicts, problems, concerns, or frustrations. List anything that is “bugging” you. Number each of these items. No matter how small an item is, if it is of concern to you, list it. Ask God to reveal to you anything else which is a point of concern.
2. Every worry that you have in the world should be on that piece of paper. Nothing else should concern you – it is all there! When you are satisfied that all of your concerns have been listed, go on to step 3.
3. Go through the list item by item. On each item you will conclude that you can do nothing about it because it is past or beyond your control, or that you can do something to resolve that issue.

If there is nothing you can do about a given item, then spend some time in prayer about it. If you feel that you can take action on a particular item, you should also pray about it, then make a “do list” of things you plan to do specifically to help resolve it. After you have gone through many of these concerns, you will have several items on a “do list”.

As a result of your day of prayer, you will also come up with other things which should go on this “do list”.

HOW TO SPEND A DAY IN PRAYER

by Lorne Sanny

“Avail yourself of the greatest privilege this side of heaven. Jesus Christ died to make this communion and communication with the Father possible.” – Billy Graham

“Prayer is a powerful thing, for God has bound and tied Himself thereto.” – martin Luther

“God’s acquaintance is not made hurriedly. He does not bestow His gifts on the casual or hasty comer and goer. To be much alone with God is the secret of knowing Him and of influence with Him.” – E. M. Bounds

“I never thought a day could make such a difference,” a friend of mine said to me. “My relationship to everyone seems to have improved.”

“Why don’t I do it more often?”

Comments like these come from those who set aside a personal Day of Prayer alone.

With so many activities – important ones – clamoring for our time, real prayer is considered more a luxury than a necessity. How much more spending a *day* in prayer! When did you last do it?

The bible gives us three timeguides for personal prayer. There is a command to “pray without ceasing” – the spirit of prayer. Keeping so in tune with God that we can lift our hearts in request or praise any time through the day.

There is also the practice of a *quite time* or morning watch – seen in the life *of David*, **Psalm 5:3** My voice You shall hear in the morning, O LORD; In the morning I will direct *it* to You, And I will look up.

of Daniel,

Daniel 6:10 Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.

of the Lord Jesus

Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

This daily time specified for meditation in the Word of God and prayer is indispensable to the growing, healthy Christian.

Then there are examples in Scripture of extended time given to prayer alone. Jesus spent whole nights in praying. Nehemiah prayed “certain days” upon hearing the plight of Jerusalem. Three times Moses spent 40 days and 40 nights alone with God.

LEARNING FROM GOD

I believe it was in these special times of prayer that God made known His ways, His plans, to Moses.

Psalm 103:7 He made known His ways to Moses, His acts to the children of Israel.

He allowed Moses to look through a chink in the fence and gain special insights, while the rank and file Israelites saw only the *acts* of God as they unfolded day by day.

Once I remarked to Dawson Trotman, founder of the Navigators, “You impress me as one who feels he is a man of destiny, one destined to be used of God.”

“I don’t think that’s the case,” he replied, “but I know this. God has given me some promises that I know He will fulfill.” Daws during earlier years spent countless protracted times alone with God, and out of those times the Navigator work grew – not by methods or principles, but by promises given to him from the Word.

In my own life one of the most refreshing and stabilizing factors, as well as the means for new direction or the conformation of the will of God, has been these extended times of prayer in the neighborhood park in Seattle, on a hill behind the Navigator home in Southern California, or out in the Garden of the Gods here in Colorado Springs.

These special prayer times become anchor points in your life, times when you “drive a stake” as a landmark and go on from there. Your daily quite time is more effective as you pray in to day-by-

day reality some of the things the Lord speaks to your heart in protracted times of prayer. The quite time in turn is the foundation for “praying without ceasing,” going through the day in communion with God.

Perhaps you haven’t spent a protracted time in prayer because you haven’t recognized the need for it. Or maybe you aren’t sure what you would do with a whole day on your hands, *just to pray*.

WHY A DAY OF PRAYER?

Why take this time from a busy life? What is it for?

1. **For extended fellowship with God** – beyond your morning devotions. Just plain being with and thinking about God. God has called us into the fellowship of His dear Son Jesus Christ **1 Cor. 1:9** God *is* faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord. Like many personal relationships, this fellowship is nurtured by spending time together. God takes special note of times when His people speak of Him and *think upon His Name*. **Malachi 3:16** Then those who feared the LORD spoke to one another, And the LORD listened and heard *them*; So a book of remembrance was written before Him For those who fear the LORD And who meditate on His name.

2. **For a renewed perspective.** Like flying over a battlefield in a reconnaissance plane, a day of prayer gives the opportunity to think of the world from God’s point of view. Especially when going through some difficulty we need this perspective to sharpen our vision of the unseen and let the immediate, tangible things drop into proper place. Our spiritual defenses are strengthened while “while we do not look at the things, which are seen, but at the things, which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.”

For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, ¹⁸while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things, which are not seen, *are* eternal. **2 Cor. 4:17-18**

3. **For catching up on intercession.** There are non-Christian friends and relatives to bring before the Lord, missionaries on various fields, our pastors, our neighbors and Christian associates, our government leaders – to name a few. Influencing people and changing events through prayer is well known among Christians but too little practiced. And as times become more serious around us, we need to reconsider the value of personal prayer, both to accomplish and to deter.

4. **For prayerful consideration of our own lives before the Lord** – personal inventory and evaluation. You will especially want to take a day of prayer when facing important decisions, as well as on a periodic basis. On such a day you can evaluate where you are in relation to your goals, and get direction from the Lord through His Word. Promises are there for you and me, just as they were for Hudson Taylor or George Muller or Dawson Trotman. And it is in times alone with God that He gives inner assurance of His promises to you.

5. **For adequate preparation.** Nehemiah, after spending “certain days” seeking the Lord in prayer, was called before the king, “Then the king said to me, “What do you request?” So I prayed to the God of heaven. ⁵And I said to the king, “If it pleases the king, and if your servant

has found favor in your sight, I ask that you send me to Judah, to the city of my fathers' tombs, that I may rebuild it." [Neh. 2:4-5](#) he outlined his plan. Then in verse 12 he says "Then I arose in the night, I and a few men with me; I told no one what my God had put in my heart to do at Jerusalem; nor was there any animal with me, except the one on which I rode." When did God put in his heart this plan? I believe it was when he fasted and prayed and waited on God. Then when the day came he was ready.

I heard a boy ask a pilot if it didn't take quick thinking to land his plane when something went wrong. The pilot answered no, you know at all times where you would put it down if something went wrong. You have thought it out ahead of time.

It is so in our Christian life. If God has given us plans and purposes in those times alone, we will be ready when the opportunity come to move right into it. We won't have to say "I am not prepared." The reason many Christians are dead to the opportunities is not because they are not mentally alert, but they are simply unprepared in the heart. Preparation is made when we get alone with God.

PRAY ON THE BASIS OF GOD'S WORD

Daniel said "In the first year of his reign I, Daniel, understood by the books the number of the years *specified* by the word of the LORD through Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem. ³Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. ⁴And I prayed to the LORD my God, and made confession, and said, "O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments, "[\(Daniel 9:2-4\)](#))

He understood by books what was to come. What books? The Scriptures that he had available in those days. And as a result of his exposure to the Word of God, he prayed. It has been said that God purposes, therefore He promises. And we can add, "Therefore I pray the promises, so that God's purposes might come to reality." God purposed to do something, and He promised it, therefore Daniel prayed. This was part of completing the circuit, like an electrical circuit, so that the power could flow through.

Your day alone with the Lord isn't a matter of sitting on a rock like that statue *The Thinker* and taking whatever thoughts come to your mind. That's not safe. It should be a day exposed to God's Word, and then His Word leads you into prayer. You will end the day worse than you started if all you do is engage in introspection, thinking about yourself and your own problems. It isn't your estimate of your self that counts anyway. It's God's estimate. And he will reveal His estimate to you by the Holy Spirit through His Word, the open Bible. And then the Word leads into prayer.

HOW TO GO ABOUT IT

INTRODUCTION: How do you go about it? Having set aside the day or a portion of the day for prayer, pack a lunch and start out. Find a place where you can be alone, away from distractions. This may be a wooded area near your home, or your back yard. An outdoor spot is excellent if you can find it; but don't get sidetracked into nature studies and fritter away your time. If you

find yourself watching the squirrels or the ants, direct your observation by reading Psalm 104 and meditating on the power of God in creation.

TAKE ALONG THE FOLLOWING

- Your Bible
- Note book
- Writing instrument
- Hymnbook
- Devotional Book (optional)

I like to have with me the booklet *Power Through Prayer* by E. M. Bounds and read a chapter or two as a challenge to the strategic value of prayer. Or I sometimes like to take Horatius Bonars *Words to Winners of Souls*, or a missionary biography like *Behind the Ranges*, which records the prayer victories of J. O. Fraser in inland China.

Even if you have all day, you will want to use it profitably. So lose no time in starting, and start purposefully.

WAIT ON THE LORD

Divide the day into three parts: **Waiting on the Lord, prayer for others, prayer for yourself.** Use the first part to *wait on the Lord*. Don't hurry. And you will miss the point if you look for some mystical or ecstatic experience. Just seek the Lord, wait on *Him*. **Isaiah 40:31** says "But those who wait on the LORD shall renew *their* strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." It promises that those who wait upon Lord will renew their strength. **Psalm 27:14** "Wait on the LORD; be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!" is one of dozens of verses which mention *waiting* on Him. **Psalm 62:5** says, "My soul, wait silently for God alone, for my expectation *is* from Him."

Wait on Him, first to *realize His presence*. Read through a passage like Psalm 139, grasping the truth of His presence with you as you read each verse. Ponder the possibility of being anywhere in the universe where He is not. Often we are like Jacob when he said, "Surely the Lord is in this place; and I knew it not" (Genesis 28:16b).

Wait on Him, then, *for cleansing*. The last two verses of Psalm 139 lead you to this. Ask God to search your heart as these verses suggest. When we search our own hearts it can lead to imaginations, morbid introspection or any thing the enemy may want to throw before us. But when the Holy Spirit searches He will bring to your attention that which should be confessed and cleansed. Psalms 51 and 32, David's songs of confession and thanksgiving, will help you. Stand upon the firm ground of 1John 1:9 and claim God's faithfulness to forgive whatever specific thing you confess.

If you realize you've sinned against a brother, make a note of it so you won't forget to set it right. Otherwise, the rest of the day will be hindered. God won't be speaking to you if there is something between you and someone else that you haven't planned to take care of at the earliest possible moment.

As you wait on God, ask for the power of concentration. Bring yourself back from daydreaming.

Next, *wait on God to worship Him*. Psalms 103 and 104 are wonderful portions to follow as you praise the Lord for the greatness of His power. Most of the Psalms are prayers, and there is no

better way to pray scripturally than to pray Scripture. The book of Psalms ends with a paean ¹ of praise to the Lord. Or turn to Revelation, chapters 4 and 5, and use them in your praise to Him.

If you brought a hymnbook you can sing to the Lord. Some wonderful hymns have been written that put into words what we could scarcely express ourselves. Maybe you don't sing very well, but be sure you're out of earshot of someone else and "make a joyful noise unto the Lord." He will appreciate it.

This will lead you naturally into thanksgiving. Reflect upon the wonderful things God has done for you and thank Him for these – for your own salvation and spiritual blessings, for your family, friends, and opportunities. Go beyond that which you thank the Lord for daily and take time to express appreciation to Him for countless things He's given.

PRAYER FOR OTHERS

Now is the time for the unhurried, more detailed prayer for others that you don't get ordinarily. Remember people in addition to those for whom you usually pray. Trace your way around the world, praying for people by countries.

Three suggestions as to what to pray:

First, ask *specific things* for them. Perhaps you remember or have jotted down needs various people have mentioned. Use request from missionary prayer letters. Pray for spiritual strength, courage, physical stamina, mental alertness, and so on. Imagine yourself in the situations where these people are and pray accordingly.

Second, look up some of the prayers in Scripture. Pray what Paul prayed for other people in the first chapter of Philippians and Colossians, and in the first and third chapters of Ephesians. This will help you advance in your prayer from the stage of "Lord, bless so and so and help them do such and such."

Third, ask for others what you are praying for yourself. Desire for them what the Lord has shown *you*.

If you pray a certain verse or promise of Scripture for a person you may want to put the reference by his name on your prayer list, and use this verse as you pray for that person the next time. Then use it for thanksgiving as you see the Lord answer.

PRAYER FOR YOURSELF

The third part of your day will be prayer for yourself. If you are facing an important decision you may want to put this before prayer for others.

Again let your prayer be ordered by Scripture and ask the Lord for understanding according to Psalm 119:18. Meditate upon verses of Scripture you have memorized or promises you have previously claimed from the Word. Reading a whole book of the Bible through, perhaps aloud, is a good idea. Consider how it might apply to your life.

In prayer for yourself **1 Chronicles. 4:10** is one good example to follow "And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep *me* from evil, that I may not cause pain!" So God granted him what he requested." That's prayer for your personal life, your work, for victory over sin. Jabez prayed in the will of God and God granted his request.

¹ Latin; a hymn of thanksgiving

“Lord, what do You think of my life?” is the attitude of this portion of your day of prayer. Consider your main objectives, in the light of what you know to be God’s will for you. Jesus said to them, “My food is to do the will of Him who sent Me, and to finish His work.” (**John 4:34**)

Do you want to do God’s will more than anything else?

Then consider your activities – what you do – in the context of your objectives ... your use of time, schedule, and so on. God may speak to you about rearranging your schedule, cutting out certain activities that are good but are not the best, or some things that are entanglements or impediments to progress. Strip them off. You may be convicted about how you spend your evenings, or about wasting Saturdays when you could use the time to advantage and still get the recreation you need.

So record your thoughts on this, and plan in your notebook for the use of your time. Perhaps the need for better preparation for your Sunday School class or a personal visit with an individual will come to mind. Or the lord may impress you to do something special for someone. Make a note of it.

During this part of your day, bring up any problems or decisions you are facing and seek the mind of God on them. It helps to list the factors involved in the decision or in following a certain course of action. Pray over them and look into the Scriptures for guidance. You may be led to a promise or direction from the passages with which you have already filled your mind during the day.

After prayer, you may reach some definite conclusions and specific direction - some stakes driven. However, do not be discouraged if this is not the case. It may not be God’s time for a conclusive answer to your problem. And you may discover that your real need was not to know the next step but to have a new revelation of God Himself.

In looking for promises to claim there’s no need to thumb through looking for new or startling ones necessarily. Just start with the ones you already know. If you have been through the Topical Memory System² start by meditating on the verses in the ***Rely on God’s Resources*** section. Chew over some old familiar promises the Lord has given you before, ones you remember as you think back. Pray about application of certain verses to your life.

I have found some of the greatest blessings come just from a new realization of promises I already know. And the familiar promises may lead you to others. The Bible is full of them.

You may want to underline in your Bible the promises the Lord gives during these protracted times alone and put the date and a word or two in the margin beside them. (**Be careful what you mark with – India ink is best, or certain kinds of ballpoint pen.**)

TWO QUESTIONS ANSWERED

Variety is important during your day of prayer.

Read a while, pray a while, then walk around. A friend of mine paces the floor of his room for his prayer time. Rather than get cramped in one position, take a walk, stretch, get some variety.

² A correspondence course in *Scripture Memory for Busy People*, available from Navpress, a ministry of The Navigators, Colorado Springs, Colorado.

As outside things pop into your mind, simply incorporate those items into prayer. If it's some business item you must not forget, jot it down. Have you noticed how many things come to mind while you are sitting in church? It will be natural for things to occur to you during your prayer day that you should have done, so put them down, pray about them and plan when you can take care of them and how. Don't just push them aside or they will plague you the rest of the day.

At the end summarize in your notebook some things God has spoken to you. It will be profitable to refer to later.

The result of your day of prayer should be the answers to the two questions Paul asked on the Damascus road (Acts 9:5,6) His first question was "**Who art Thou, Lord?**" You will be seeking to know Him, to find out Who He is. The second question, "**Lord, what wilt Thou have me to do?**" should be answered or reconfirmed in that part of the day when you unhurriedly seek His will for you.

Don't think you must end the day with some new discovery or extraordinary experience. Wait on God and expose yourself to His Word. Looking for a new experience or insight you can share with someone when you get back will get you off the track. True, you may gain some new insight, but often this can just take your attention from the real business. The test of such a day is not how exhilarated we are when the day is over but how it works into your life tomorrow. If we have really exposed ourselves to the word and come in contact with God, this does something to *us* for daily life.

Days of prayer don't just happen. Beside the attempts of our enemy Satan to keep us from praying, the world around us has plenty to offer to fill our time. So we have to *make* time. **Plan ahead** – the first of every month, or once a quarter.

God bless you as you do this ... and do it soon!

You too will probably ask yourself, "***Why not more often?***"

*"I love the Lord, for He heard my voice;
He heard my cry for mercy.
Because He turned His ear to me,
I will call on Him as long as I live....
I will sacrifice a thank offering to You
And call on the name of the Lord."*

--Psalm 116:1-2,17