

20 Minutes of Ordered Prayer

A structured guide for believers who want to pray with intention, not just activity.

I Be Still & Enter In

Minutes 1–2 · 2 min POSTURE

Take a breath. Quiet your mind. Acknowledge that you are stepping into the presence of a holy God. This is not a to-do list — it is a relationship.

- Slow your breathing. Sit or kneel intentionally before you say a word.
- “Lord, I come before You right now. I put aside every distraction.”
- Recite: “Be still and know that I am God.” Let it settle before moving on.
- Invite the Holy Spirit: “Have Your way in this time. Lead me where You want to go.”

— Psalm 46:10 · Matthew 6:6 · John 4:23

II Praise & Worship

Minutes 3–5 · 3 min ADORATION

Shift your focus from your needs to God’s nature. Praise Him for who He is — not only what He has done. This rewires your heart before you ask anything.

- “You are holy, worthy, sovereign, faithful, and good.”
- Name one attribute of God — meditate on it for 30 full seconds.
- Speak or sing a simple line of worship aloud, even quietly.
- “Lord, You are before all things, and in You all things hold together.”

— Psalm 100:4 · Revelation 4:11 · Colossians 1:17

III Confession & Cleansing

Minutes 6–9 · 4 min HONESTY

Do not rush past this. Unconfessed sin creates a barrier. Ask the Holy Spirit to search you — then be honest about what surfaces. Receive forgiveness; do not merely request it.

- “Search me, O God, and know my heart. Try me and know my thoughts.” (Ps. 139:23)
- Confess specific sins — attitude, action, or omission. Be particular, not vague.
- “Lord, I receive Your forgiveness through the blood of Christ.”
- Release any residual shame. You are declared clean. Walk in that truth today.

“The prayer that prevails is not the loudest one — it is the most ordered one.”

Pastor Darrian L. Hill, Sr.

All Saints Covenant Church · Springdale, OH

— 1 John 1:9 · Psalm 139:23–24 · Romans 8:1

IV Intercession

Minutes 10–13 · 4 min O T H E R S

Pray outward before you pray inward. Stand in the gap for others before bringing your own requests. This disciplines the heart toward God's priorities.

- Pray for your family by name — a specific, declared need for each person.
- Pray for your church, your pastor, and your ministry leaders by name.
- Pray for one person who is far from God or in a season of crisis.
- Pray for those in authority — city, nation, the Church at large. (1 Tim. 2:1–2)

— 1 Timothy 2:1–2 · Ezekiel 22:30 · James 5:16

V Petition

Minutes 14–17 · 4 min Y O U R N E E D S

Now bring your personal needs. You have honored God, confessed, and prayed for others. Come with expectation — not desperation. Be specific; vague prayers produce vague faith.

- State your request clearly and specifically. Name the thing you are trusting God for.
- Where possible, anchor your request in a Scripture promise.
- “Lord, I trust You with this. Not my will, but Yours.”
- Include provision, direction, protection, wisdom, and health as relevant.

— Philippians 4:6 · Matthew 7:7–8 · John 14:13–14

VI Listen & Close with Thanks

Minutes 18–20 · 3 min S U R R E N D E R

The most underused minute in prayer. Stop talking. Be quiet. Journal any impressions, Scriptures, or nudges that surface. Close with gratitude — not more requests.

- Sit in silence for at least 60 seconds. Resist the urge to fill the space.
- Write down anything that comes to mind — a word, a verse, a name, an image.
- “Lord, thank You for hearing me. I trust You. I am listening.”
- Close: “Let this day be governed by Your Word and Your will. Amen.”

— 1 Samuel 3:10 · Habakkuk 2:1 · 1 Thessalonians 5:18

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