

Fixed Hour Prayer

Fixed Hour Prayer simply means that we have predetermined times to stop and connect with God in prayer throughout our day. We know from the Old Testament that Daniel prayed three times a day. Daniel 6:10 (NIV) says, "...Three times a day he got down on his knees and prayed, giving thanks to his God ...". In the New Testament, Jesus' followers prayed at fixed hours of the day (see Acts 3:1, Acts 10:3, 9, 30). Having habitual times of prayer refocuses us on God. It is a way we can acknowledge his sovereignty and power in the midst of the chaos of our daily lives.

The routines of prayer aren't meant to cause prayer to become old and stale. Set prayer times help us prioritize, keep us connected with God and aware of his intervention.

Prayers at fixed times can be spontaneous, such as praying for God's help, thanking him for something that has happened or praising him for one of his character qualities. Also, prayers could be more liturgical, such as reciting the Lord's prayer or praying over a Scripture verse.

To practice the spiritual habit of Fixed Hour Prayer, simply choose a handful of times that you will stop and pray during the day. Here are some tips to help you:

- Set an alarm as a reminder to stop and pray.
- Pray in the morning, to set the tone for the day. This gives us a chance to pray about things coming up as well as a time to acknowledge God's ability to go before us and orchestrate our day. It's a time to entrust Him with our lives.
- Pray before meals. These are moments to express gratitude to God for the food He provides as well as other blessings that He has given.
- Choose certain Fixed Hour Prayer times to pray for family members or love ones.
- Pray before bedtime. Thank God for something that happened during the day and pray for His intervention into something you're going through.