

# The Hour Has Come

By Lee Yates

For thousands of years, Christians and Jews have marked time with God in their daily lives through prayer. Experience the rhythm of life that helped to sustain the faith of the first disciples, members of monastic orders, and countless Christians over the centuries.

## For

Young Adults

## Season

Spring

## Needed

Computer, Internet access, clock (phone or watch is fine)

## Prepare in Advance

Read ["What Is Fixed Hour Prayer" by Phyllis Tickle](#)



## Activity Plan

1. After reading Tickle's article on prayer, make some decisions about how you will experience "The Divine Hours." Much of this depends on your personal preferences in worship and the amount of time you are willing to commit. Which hours will you keep? How early will you start and how late will you pray? How long will you try this experience: 1 week, 1 month?
2. For each day, plan how you will observe your prayer times. Here are some options:
  - Follow the readings linked at the end of the Tickle article or other "Daily Readings" text.
  - Say a short prayer of your own at each set hour.
  - Say a short prayer for most of the hours, but pick one time of day to do a longer reading.

Some tips: Your church may have some printed materials for daily prayers. Check your denomination's website for daily devotions. The less structure you provide for your experience, the easier it is to skip or hurry. Some people want to alter their sleep habits for prayer, while others do not. Remember Tickle's advice: It's about the hours you keep more than the ones you miss.

3. Once you have decided on the approach you will take, it is time to start "Keeping Hours." Some can keep up with the time by remembering and watching the clock. Others need a reminder. Using your phone's alarm clock is an easy way to remind yourself about prayer times.
4. Be ready to pray. Remember, you are praying in unison with Christians around the world. If you are using the text provided by Tickle, there are others praying the same prayer you are.
5. After your first few days of "keeping hours," take some time to reflect on the ways it impacts your life.