



THE TIMELESS HOUR

One hour with God. Twelve windows. Five minutes each.



“What, could ye not watch with me one hour?”

MATTHEW 26:40

BEFORE THE HOUR

A Word to the Men of P3

Years ago, at the end of a Sunday message at Second Baptist Church in Houston, the ushers passed out something nobody expected: a small paper wheel, two cardboard discs riveted together at the center. The top disc had a single opening. Turn it, and one word appeared at a time: Praise. Waiting. Confession. Twelve stops, five minutes each, one full turn of the dial, one hour with God.

It was the simplest tool I had ever been handed, and one of the most useful. It took the intimidating idea of “praying for an hour” and broke it into pieces a working man could actually do. You didn’t have to wonder what to say next. You just turned the dial.

The Timeless Hour is our version of that tool for the men of P3 Fellowship. The card in your hand is meant to live in your Bible, marking your place and reminding you, every time you open the Book, that the God who wrote it wants time with you. This guide explains how to use it, why each of the twelve windows matters, and where each practice is rooted in Scripture and in the long history of God’s people at prayer.

Nobody gets this perfect. Some mornings you will make it all the way around the dial; some mornings you will make it to window three before the day comes crashing in. Start anyway. Jesus’ question in the garden was not an accusation so much as an invitation: Could you watch with Me one hour? Brothers, let’s answer it together.

— *Jeb Bradshaw, for the leadership of P3 Fellowship*

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PART ONE

WHY AN HOUR?



“What, could ye not watch with me one hour?”

Matthew 26:40

PART ONE

Why an Hour?

It was the darkest night of Jesus' earthly life. In the garden of Gethsemane He took Peter, James and John a little farther than the others and told them, "My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me" (Matt. 26:38). He went a short distance, fell on His face and prayed. When He came back, He found His three closest friends asleep.

"What, could ye not watch with me one hour?"

MATTHEW 26:40

Notice what Jesus did not ask for. He did not ask for all night. He did not ask for heroic eloquence. He asked for an hour of wakeful company. And then, immediately, He gave the reason: "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak" (v. 41). Within hours, the same Peter who slept would deny Him three times. The hour Peter skipped was the hour he needed.

The Hour Jesus Kept

Jesus never asked His men to do what He did not do Himself. The Gospels show a man whose public ministry flowed out of private prayer:

- "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed" (Mark 1:35).
- "And he withdrew himself into the wilderness, and prayed" (Luke 5:16), a habit, not an event.
- Before choosing the twelve, "he went out into a mountain to pray, and continued all night in prayer to God" (Luke 6:12).
- When His disciples finally asked Him to teach them anything, it was this: "Lord, teach us to pray" (Luke 11:1).

If the Son of God needed unhurried time with the Father, we need it more.

Why a Fixed Amount of Time?

An hour is not a rule for earning God's favor; Christ has already secured that. It is a container. Men understand containers: a shift, a quarter, a round, a set. Without one, "I'll pray more" becomes a vague intention that loses every morning to the inbox. Scripture is full of men who set times: David prayed "evening, and morning, and at noon" (Ps. 55:17); Daniel knelt "three times a day" (Dan. 6:10); the apostles went up "at the hour of prayer" (Acts 3:1).

Twelve windows of five minutes each make the hour doable. Five minutes is short enough that anyone can focus for that long, and the variety keeps the mind engaged. Before you know it, you have come all the way around the dial.

Why "Timeless"?

God does not live inside the clock. "Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God" (Ps. 90:2). "One day is with the Lord as a thousand years, and a thousand years as one day" (2 Pet. 3:8).

When a man gives an hour to the eternal God, he is investing time in the one place where it does not disappear. Paul put it this way: "We look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal" (2 Cor. 4:18). Most of what fills our calendars will not matter in a hundred years. The hour with God will matter forever. That is what makes it timeless.

A Word About Grace

The dial is a tool, not a ladder. You do not climb to God by completing twelve windows; He came down to you in Christ. The hour is a response to grace, a son spending time with his Father, not an employee punching a clock. On the days you miss, there is no penalty. On the days you show up, there is a Father waiting.

PART TWO

THE HOUR THROUGH HISTORY

—◆—
“Let my prayer be set forth before thee as incense.”

Psalm 141:2

PART TWO

The Hour Through History

When you sit down with the dial, you join a line of men and women that stretches back thousands of years. Set times of prayer are one of the oldest practices of God's people.

ISRAEL AND THE TEMPLE

Morning and evening sacrifices and the daily burning of incense marked fixed hours at the tabernacle and the Temple (Exod. 30:7–8). David saw the connection: “Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice” (Ps. 141:2). When Zacharias served in the Temple, “the whole multitude of the people were praying without at the time of incense” (Luke 1:10).

DANIEL IN BABYLON

In exile, with a royal decree making prayer a capital crime, Daniel “went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime” (Dan. 6:10). His set times were already established before the crisis came. That is why they held.

THE APOSTLES

The early church kept the Jewish hours of prayer. “Peter and John went up together into the temple at the hour of prayer, being the ninth hour” (Acts 3:1), and the lame man was healed on the way. Peter “went up upon the housetop to pray about the sixth hour” (Acts 10:9), and God opened the gospel to the Gentiles. Great turning points of Acts happen at ordinary appointed prayer times.

THE EARLY CHURCH

The Didache, one of the earliest Christian writings outside the New Testament, instructed believers to pray the Lord's Prayer three times a day. Over the following centuries, Christians developed regular rhythms of daily prayer through Scripture, psalms and set hours.

REFORMERS AND REVIVALISTS

The Reformers called ordinary believers back to personal prayer and the open Bible. Martin Luther wrote a plain guide to prayer for his barber, Peter. Leaders of the great awakenings, including John Wesley and George Whitefield, were known for rising early to pray before the day's work. Their public influence came out of private discipline.

THE TWELVE-PART HOUR

In 1978 Dick Eastman published *The Hour That Changes the World*, which divided one hour into twelve five-minute “points of focus” arranged like the face of a clock. The plan spread widely through churches in the following years; paper prayer wheels like the one handed out at Second Baptist Houston put it into men's hands. The twelve windows on the P3 dial follow that pattern, and we gratefully acknowledge it as the source. Eastman's book remains an excellent companion for any man who wants to go deeper.

The point of the history is simple: you are not inventing something new or strange. You are picking up a tool the church has used for three thousand years, and putting it in a form that fits in your Bible.

PART THREE

HOW TO USE THE DIAL

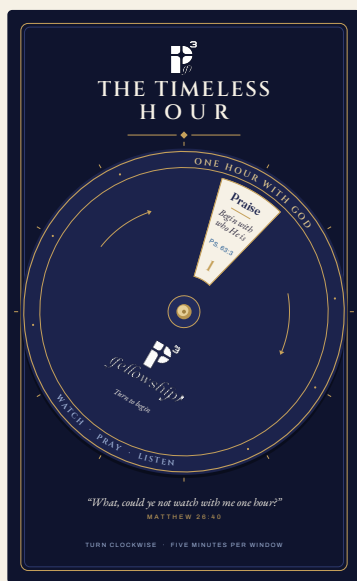


“My voice shalt thou hear in the morning, O LORD.”

Psalms 5:3

PART THREE

How to Use the Dial



The card has two layers. The bottom card carries the twelve windows printed in a circle like the face of a clock. The top disc turns on a brass rivet and has one opening. Only one window shows at a time, so your mind has one thing to do.

Before You Begin

- Pick a time. First thing in the morning works for most men: before the phone, before the news, before the family is up. Put it on your calendar like any other meeting.
- Pick a place. A chair, a truck cab, a back porch, a desk. Same place every day helps the habit stick.
- Bring three things. Your Bible (the card lives in it), a pen, and a small notebook for names, answers and anything God presses on you.

- Remove the competition. Phone in another room, or on airplane mode with a five-minute timer.

Turning the Dial

- › Turn the window to 1, Open in Praise. Read the window, glance at the verse reference, and begin.
- › After about five minutes, turn the disc clockwise to the next window. Don't rush, and don't stress over the clock. If God is meeting you in one window, stay.
- › When the window returns to the top after 12, Close in Praise, you have completed the hour. Turn it back to 1 so it's ready tomorrow.

Three Ways to Start

Most men will not go from zero to sixty minutes in one week, and that's fine. Choose an on-ramp and build:

THE ON-RAMP	PER WINDOW	TOTAL	BEST FOR
The Twelve	1 minute	12 min	Your first two weeks; busy seasons
The Half Hour	2–3 minutes	30 min	Building the habit; weekdays
The Timeless Hour	5 minutes	60 min	The goal; Saturdays, retreats, Sabbath

Practical Tips from Men Who Do This

- Pray out loud, quietly. It keeps the mind from wandering.
- Write as you go. A name, a sin, a verse, an answer. Your notebook becomes a record of God's faithfulness.
- On the road? The card fits a shirt pocket. A parked truck makes a fine prayer closet.
- Pair up. Tell one brother in your POD when you plan to pray, and ask him to check on you.

PART FOUR

THE TWELVE WINDOWS

*One full turn of the dial.
Five minutes at each window.*

WINDOW 1 · MINUTES 0-5

1 Open in Praise

Begin with who He is



“Because thy lovingkindness is better than life, my lips shall praise thee.”

PSALM 63:3

WHAT IT IS

Praise is turning your full attention to God Himself: His character, His power, His faithfulness. It is not yet thanks for what He has done; it is honor for who He is.

WHY IT MATTERS

Every pattern of prayer Jesus taught here: “Hallowed be thy name.” Starting with praise puts God back on the throne and puts your problems back in proportion. A man who opens his hour looking up will spend the rest of it seeing more clearly.

HOW TO SPEND THE FIVE MINUTES

- › Pick one attribute of God (holy, faithful, sovereign, merciful) and praise Him for it in your own words.
- › Read a psalm of praise aloud (Psalms 8, 34, 103 or 145 are good places to start).
- › Resist the pull to ask for anything yet. This five minutes belongs to Him.

A MAN WHO DID THIS

David, the warrior-king, wrote Psalm 63 in the wilderness of Judah while running for his life, and still opened with praise.

PRAYER STARTER

Lord, before I bring You anything, I want to honor You. You are...

WINDOW 2 · MINUTES 5-10

2 Wait in Stillness

Be still. Let Him lead.



“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles.”

ISAIAH 40:31

WHAT IT IS

Waiting is deliberate, quiet surrender. You stop talking, set down your list and simply acknowledge that you are in the presence of God.

WHY IT MATTERS

Most men are wired for action. Waiting is how a man admits he is not in charge. Scripture ties waiting directly to strength: the man who waits on the Lord is the man who gets back up and keeps going.

HOW TO SPEND THE FIVE MINUTES

- › Sit still. Breathe slowly. Pray a single sentence: “Lord, I am here, and this hour is Yours.”
- › When your mind runs to your to-do list, write it down and let it go.
- › Expect nothing dramatic. Faithful presence is the point.

A MAN WHO DID THIS

Elijah, after his great victory and his crash into despair, met God not in the wind, earthquake or fire, but in “a still small voice” (1 Kings 19:12).

PRAYER STARTER

Father, I lay down my agenda. I am still before You. Lead this hour.

WINDOW 3 · MINUTES 10–15

3 Come Clean

Name it. Receive mercy.



*“If we confess our sins, he is faithful and just to forgive us our sins,
and to cleanse us from all unrighteousness.”*

1 JOHN 1:9

WHAT IT IS

Confession is agreeing with God about your sin: naming it specifically, owning it fully and receiving the forgiveness Christ has already purchased.

WHY IT MATTERS

Unconfessed sin is static on the line. “If I regard iniquity in my heart, the Lord will not hear me” (Ps. 66:18). Confession is not groveling; it is a man taking responsibility and walking out free.

HOW TO SPEND THE FIVE MINUTES

- › Pray Psalm 139:23–24 and give the Spirit room to bring things to mind.
- › Be specific: not “I was a bad husband” but “I spoke harshly to my wife this morning.”
- › Receive the forgiveness. Then note anything that needs to be made right with a person.

A MAN WHO DID THIS

David, confronted by Nathan, did not make excuses: “I have sinned against the LORD” (2 Sam. 12:13). Psalm 51 is the prayer that followed.

PRAYER STARTER

Search me, O God, and know my heart. Lord, I confess...

WINDOW 4 · MINUTES 15–20

4 Pray the Word

Pray His words back to Him



“So shall my word be that goeth forth out of my mouth: it shall not return unto me void.”

ISAIAH 55:11

WHAT IT IS

Praying Scripture means taking the actual words of the Bible and turning them into your own prayer, praying God’s promises back to Him.

WHY IT MATTERS

When you pray the Word, you pray with God’s own vocabulary and you know you are praying according to His will. It keeps prayer anchored when feelings drift.

HOW TO SPEND THE FIVE MINUTES

- › Open to a psalm or an epistle prayer (Eph. 1:15–23; 3:14–21; Col. 1:9–12).
- › Read a verse, then pray it in first person: “Lord, You are my shepherd...”
- › Insert names: pray Ephesians 3 over your wife, your sons, the men in your POD.

A MAN WHO DID THIS

Jesus on the cross prayed Scripture: “My God, my God, why hast thou forsaken me?” (Ps. 22:1) and “Father, into thy hands I commend my spirit” (Luke 23:46, echoing Ps. 31:5).

PRAYER STARTER

Lord, Your Word says... so I ask You to do it in my life today.

WINDOW 5 · MINUTES 20-25

5 Watch and Discern

Ask what He is doing



“Continue in prayer, and watch in the same with thanksgiving.”

COLOSSIANS 4:2

WHAT IT IS

Watching is spiritual alertness: asking God to open your eyes to what He is doing around you, and to the temptations and attacks that are coming.

WHY IT MATTERS

“Watch and pray, that ye enter not into temptation” (Matt. 26:41) were Jesus’ words in Gethsemane to men who fell asleep. Watching is how a man stands guard over his heart, his home and his calling.

HOW TO SPEND THE FIVE MINUTES

- › Walk through today’s calendar with God. Where will you be tempted? Where can you serve?
- › Ask: “Lord, where are You already at work, and how do I join You?”
- › Pray over the news, your workplace and your city with open eyes.

A MAN WHO DID THIS

Nehemiah, rebuilding the wall, said, “We made our prayer unto our God, and set a watch against them day and night” (Neh. 4:9). Prayer and vigilance together.

PRAYER STARTER

Lord, open my eyes. Show me where You are moving and where I need to stand guard.

WINDOW 6 · MINUTES 25-30

6 Stand in the Gap

Stand in the gap



“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men.”

1 TIMOTHY 2:1

WHAT IT IS

Intercession is praying on behalf of others: standing between people and their need, and bringing them before God by name.

WHY IT MATTERS

A man’s prayers are one of the most powerful things he can give his family and friends. “The effectual fervent prayer of a righteous man availeth much” (James 5:16). This is spiritual leadership practiced in private.

HOW TO SPEND THE FIVE MINUTES

- › Keep a short list: wife and children, your POD brothers, your pastor, leaders, one lost friend.
- › Pray one specific thing for each, not just “bless them.”
- › Rotate a daily focus (e.g., Monday: family, Tuesday: church, Wednesday: nation).

A MAN WHO DID THIS

Moses interceded for Israel after the golden calf, and Abraham bargained with God for Sodom. Ezekiel 22:30 tells of God looking for a man to “stand in the gap.”

PRAYER STARTER

Father, I lift up ____ to You today. Specifically, I ask that You...

WINDOW 7 · MINUTES 30-35

7 Ask Boldly

Ask boldly for today



“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

PHILIPPIANS 4:6

WHAT IT IS

Petition is asking God for your own needs: provision, wisdom, health, direction, strength for today.

WHY IT MATTERS

Jesus told us to ask: “Give us this day our daily bread.” Many men are too proud or too self-reliant to ask. Petition is humility and trust: a son asking his Father.

HOW TO SPEND THE FIVE MINUTES

- › Write down what is weighing on you. Bring each item by name.
- › Ask for wisdom for one decision you face today (James 1:5).
- › Hand over the outcome, and leave the worry with Him.

A MAN WHO DID THIS

Jabez is remembered for one bold prayer, “Oh that thou wouldest bless me indeed,” and “God granted him that which he requested” (1 Chron. 4:10).

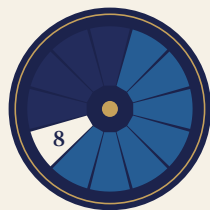
PRAYER STARTER

Father, here is what I need today. I ask You for...

WINDOW 8 · MINUTES 35-40

8 Give Thanks

Count specific mercies



“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

1 THESSALONIANS 5:18

WHAT IT IS

Thanksgiving is gratitude for what God has done. Where praise looks at who He is, thanksgiving looks at His specific gifts.

WHY IT MATTERS

Gratitude guards a man’s heart against entitlement and bitterness. Of ten lepers healed, only one returned to give thanks, and Jesus noticed (Luke 17:17).

HOW TO SPEND THE FIVE MINUTES

- › Name ten specific things from the last 24 hours.
- › Thank Him for a prayer He has answered, and write it down.
- › Give thanks for something hard, trusting what He is doing through it.

A MAN WHO DID THIS

Daniel, knowing a decree made prayer a death sentence, still “prayed, and gave thanks before his God, as he did aforetime” (Dan. 6:10).

PRAYER STARTER

Lord, thank You for...

WINDOW 9 · MINUTES 40-45

9 Sing to the Lord

Worship out loud



“Serve the LORD with gladness: come before his presence with singing.”

PSALM 100:2

WHAT IT IS

Singing is worship set to melody: a hymn, a chorus, a psalm. Voice quality is irrelevant; it is offered to an audience of One.

WHY IT MATTERS

Song engages the whole man (mind, heart and body) and drives truth deep. Paul and Silas, beaten and in stocks, “prayed, and sang praises unto God: and the prisoners heard them” (Acts 16:25).

HOW TO SPEND THE FIVE MINUTES

- › Sing one hymn you know by heart (“A Mighty Fortress,” “It Is Well,” “How Great Thou Art”).
- › Read the lyrics slowly as a prayer if you are in a place where you can’t sing aloud.
- › Play one worship song and sing along. Don’t just listen.

A MAN WHO DID THIS

David the shepherd, soldier and king was “the sweet psalmist of Israel” (2 Sam. 23:1). Strong men sing.

PRAYER STARTER

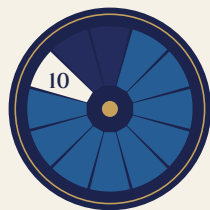
(Sing, hum or read aloud a hymn of your choice.)

WINDOW 10 · MINUTES 45–50

10

Meditate on the Word

Chew on one verse



“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night.”

JOSHUA 1:8

WHAT IT IS

Biblical meditation is not emptying the mind; it is filling it. You take a single truth and slowly turn it over, the way a man chews a good steak.

WHY IT MATTERS

God told Joshua, the new commander of Israel’s army, that meditation was the path to success. Psalm 1 describes the meditating man as a tree that does not wither.

HOW TO SPEND THE FIVE MINUTES

- › Choose one verse. Read it slowly three times, stressing a different word each time.
- › Ask: What does this show me about God? About me? What do I do with it today?
- › Write it on a card and carry it with you.

A MAN WHO DID THIS

Isaac “went out to meditate in the field at the eventide” (Gen. 24:63). Joshua was commanded to meditate “day and night.”

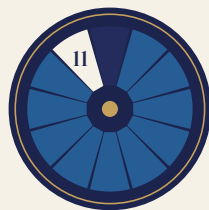
PRAYER STARTER

Lord, as I sit with this verse, teach me what You want me to see.

WINDOW 11 · MINUTES 50–55

11

Listen

Speak, Lord; I'm listening*“Speak; for thy servant heareth.”*

1 SAMUEL 3:10

WHAT IT IS

Listening is receiving instruction. After speaking to God, you make room for Him to impress His direction on your heart through His Word and Spirit.

WHY IT MATTERS

Prayer is a conversation, not a monologue. “My sheep hear my voice” (John 10:27). A man who listens to God becomes a man others can trust to lead.

HOW TO SPEND THE FIVE MINUTES

- › Ask simple questions: “Lord, what do You want me to do today? Who should I encourage?”
- › Sit quietly with a pen. Write down thoughts, names and verses that come to mind.
- › Test everything against Scripture. God never contradicts His Word.

A MAN WHO DID THIS

The boy Samuel, sleeping near the ark, learned to answer, “Speak; for thy servant heareth,” and grew into the man who anointed Israel’s kings.

PRAYER STARTER

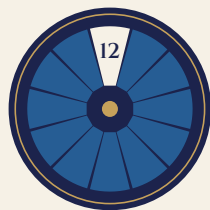
Speak, Lord, for Your servant is listening.

WINDOW 12 · MINUTES 55–60

12

Close in Praise

End where you began



*“For thine is the kingdom, and the power, and the glory, for ever.
Amen.”*

MATTHEW 6:13

WHAT IT IS

The hour ends where it began: with God at the center. Closing praise is a declaration of confidence that the One you have talked with is able.

WHY IT MATTERS

The Lord’s Prayer closes with praise. Ending in praise sends you into your day with faith rather than worry, remembering that the results belong to Him.

HOW TO SPEND THE FIVE MINUTES

- › Pray the Lord’s Prayer slowly (Matt. 6:9–13).
- › Praise Him for His power to answer what you have prayed this hour.
- › Stand up, and walk into your day as His man.

A MAN WHO DID THIS

Jude closes his letter: “To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen” (Jude 25).

PRAYER STARTER

*For Yours is the kingdom, and the power, and the glory, forever.
Amen.*

PART FIVE

THE HOUR IN YOUR POD



*“Iron sharpeneth iron; so a man sharpeneth
the countenance of his friend.”*

Proverbs 27:17

PART FIVE

The Hour in Your POD

A dial in one man's Bible is a good thing. A dial in every man's Bible in a POD, with brothers asking each other how it's going, is how a habit becomes a culture.

The Twelve-Week Plan

Take one window per week. Every man prays the whole dial daily at whatever on-ramp he's on, but the POD focuses its conversation on one window each week. In twelve weeks, every man will have gone deep on every element.

Each Week's Rhythm

- › Read the window's page in this guide before the meeting.
- › Report (5 min): Which on-ramp did you keep this week? How many days?
- › Discuss (15 min): the week's question below.
- › Practice (5 min): spend five minutes together in that window, out loud or in silence.
- › Commit: one brother texts another mid-week to check in.

WK	WINDOW	DISCUSSION QUESTION
1	Open in Praise	What attribute of God has meant the most to you in a hard season, and why?
2	Wait in Stillness	Why is silence so uncomfortable for most men? What crowds it out in your day?
3	Come Clean	Why is it easier to confess sin in general terms than in specifics? What does real ownership look like?
4	Pray the Word	Which verse has become "your" verse? How could you turn it into a daily prayer?

WK	WINDOW	DISCUSSION QUESTION
5	Watch and Discern	Where are you most likely to be blindsided by temptation this week? How can your brothers watch with you?
6	Stand in the Gap	Who in your life has no one praying for them by name? Will you take them on?
7	Ask Boldly	What keeps you from asking God for things? Pride, doubt, or something else?
8	Give Thanks	Share one answered prayer from the past year. How did God show up?
9	Sing to the Lord	What hymn or song has carried you through a hard season?
10	Meditate on the Word	Bring one verse you meditated on this week. What did God show you in it?
11	Listen	Has God ever pressed a person or action on your heart during prayer? What happened when you obeyed?
12	Close in Praise	How would your day change if you ended your prayer time in faith instead of worry?

Questions Brothers Ask Each Other

Keep them short, honest, and regular. Any of these can open a check-in:

- How many days did you turn the dial this week?
- Which window is hardest for you right now, and why?
- What did God show you in the Word this week?
- Who are you interceding for? Any answers?
- Is there anything you need to confess to God, or make right with someone?

PART SIX

When the Hour Is Hard



Every man who has ever tried to pray for an hour has hit a wall. Here are the most common ones, and a way through each.

“My mind won’t stop wandering.”

Welcome to the human race. Pray out loud, keep a pen handy to dump distractions onto paper, and use the window’s Scripture reference as an anchor. When you drift, don’t beat yourself up; just turn back. Every return is an act of faith.

“I missed three days.”

Then today is day one again. The mercies of the Lord “are new every morning; great is thy faithfulness” (Lam. 3:23). Guilt will tell you to wait until you can do it right. Grace tells you to start now.

“I don’t feel anything.”

Feelings are not the measure of prayer; faithfulness is. Some of the richest seasons of prayer feel like nothing at all while you are in them. Keep showing up. Read a psalm of lament (Ps. 13, 42, 88) and pray it honestly.

“I don’t have an hour.”

Use the twelve-minute on-ramp. One minute per window is still a complete turn of the dial, still all twelve elements, still time with God. Build from there. Look at your screen-time report before deciding you don’t have the time.

“Five minutes of waiting or listening feels like forever.”

Those are the windows men struggle with most, and the ones that grow us most. Start with one minute of silence and stretch it. Keep your notebook open. Silence is not empty when you know Who is in the room.

“I’m not sure I’m doing it right.”

There is no wrong way to spend honest time with your Father. The dial is a guide, not a grade. If the Spirit leads you to stay in one window, stay. If a window doesn’t fit the day, move on.

APPENDIX

Thirty Days Around the Dial



Mark each day you turn the dial. Note the on-ramp: 12, 30 or 60.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

APPENDIX

My Intercession List



Who Will You Carry?

Names you will carry into Window 6. Keep it short enough to pray daily.

My wife

My children

My POD brothers

My pastor & church

Leaders & nation

Someone far from God

Someone hurting

My workplace

Answered:

NOTES

What God Is Showing Me

NOTES

NOTES

ONE MORE TURN

COULD YOU WATCH WITH HIM ONE HOUR?

—◆—

Put the card in your Bible. Set the window on 1. Tomorrow morning, before the world gets its hands on you, sit down, open the Book, and turn the dial.



(fellowship)

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Scripture quotations are from the King James Version. The twelve-part hour follows the pattern of Dick Eastman's *The Hour That Changes the World* (Baker, 1978). All other text © 2026 P3 Fellowship.