**How Much Time Should I Allow for In My Prayer Closet? (Time alone with the Lord).**

“Then he returned to his disciples and found them sleeping. “**Couldn’t you men keep watch with me for one hour?**” He asked Peter. “Watch and pray so that you will not fall into temptation. **The spirit is willing, but the flesh is weak.**” (Matthew 26:40-41)”.

The most important thing is that you take the time!!! 5 minutes, 10 minutes any time is better than nothing.  For me personally, I get the most out of my prayer closet, if I follow Jesus’ standard of 1 hour.  Although, just like a physical workout, when “our flesh is week” it may take time to build our spiritual endurance to a full hour.  Also, like rearranging your schedule for a physical workout, sports team practice, or training a horse, it may take some adjusting in your schedule to block out an hour, to be alone with the Lord. Also, just like sports it is important to have people in your life that are excited and passionate about spending time in their prayer closet and encountering God’s presence in the Holy of Holies. This will help “stir up the gift of God that is in you. (2 Timothy 1:6)”. Scheduling prayer closet time with a group of people can be very powerful and scheduling your morning prayer closet time with your spouse can be very powerful as well.

Sometimes if I am really busy and struggling with fitting in a full hour.  I will do like Daniel did in the Old Testament and space out my prayer times to three different times throughout the day (three 20 min sessions).  **“Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened towardJerusalem. Three times a day he got down on his kneesand prayed, giving thanks to his God, just as he had done before.”**Remember the most important part of prayer is not you telling God what you want Him to do, but God telling you what He wants you to do.  During stressful times it is important you are hearing God’s voice and not all the chaos that is going on around you.  Spacing out quality prayer times throughout the day is extremely powerful in times of stress and when needing breakthrough in your life, or interceding for someone else.